

Member: Canadian Nutrition society, European Society for Clinical Nutrition & Metabolism,
Indian Dietetic Association, International confederation of Dietetic Associations,
Asian Federation of Dietetic Associations, Orange City Runners

2/13/2023

Weight: 67.1 kg

Name:Gaurav

Age:29yrs

Height:172 cms

Food Plan Week 8

Pre-workout 4 Dates (Eat Half At A Time, Chew Well)

Breakfast/
Post workout 2 Eggs + Veggies + 1 Tortilla [or] 1.5 Katori Sprouts with tadka + Veggies

10:30 AM Buttermilk
[only on
workout days]

1:30 PM Salad/ Saute veggies
+ Chicken/ Chole/ Tajma
[or] =2 Katori khichadi with veggies

5:00 PM Yogurt + Fruit
[or] 12 walnuts

8:00 PM Salad/ Soup
1 katori Rice + Dal/ Chicken/ Rajma
[or] 2 Tortilla + Green veggies

Program Expiry
12-03-23

Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.




Sneha Fafat

www.snehafafat.com

Activity and Food Tracker

SEE HOW YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 