

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

18-02-23

Weight: 98 kg

Name: Bhushan

Age: 47yrs

Height: 178 cms

Food Plan Week 26

10:00 AM 1.5 Katori Sprouts/ 2 Moongdal Chilla

12:00 PM Buttermilk

2:00 PM Salad
1 Phulka
Sabji
Dal/ Kadi

5:00 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

6:30 PM Murmura + ½ Katori Roasted Chana + Veggies

9:15 PM 1 Protein Bar [or] 1 Egg [post workout]
2 Phulka + Sabji + dal
[or] Grilled Chicken + 1 Katori Khichadi with veggies

Program Expiry
21-1-23

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 