

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

2/20/2023

Weight: 67.1 kg

Name:Gaurav

Age:29yrs

Height:172 cms

### Food Plan Week 9

Pre-workout 1 Fruit

Breakfast/ 15g Protein Powder/ 1 Nuts and seeds Protein Bar (10g protein)  
Post workout 1 Bread + 50g Avacado/ 1 Egg

10:30 AM 10 Almonds  
[only on  
workout days]

1:30 PM Salad/ Saute veggies  
+ Chicken/ Fish/ Eggs  
+ Curd/ Cheese

5:00 PM Chana/ Peanuts  
+ yogurt

8:00 PM Salad/ Soup  
2 katori Khichadi + Veggies + tadka  
[or] 2 Tortilla + Paneer/ Chicken + Veggies  
[or] 3-4 Slices Thin crust Pizza

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 