

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

2/25/2023

Weight: 98 kg

Name: Bhushan

Age: 47yrs

Height: 178 cms

Food Plan Week 27

10:00 AM 1 katori Chana/ Peanuts + Veggies

12:00 PM 1 Glass Water + 1 tbsp chia seeds

2:00 PM Salad + Curd
1 Phulka
Sabji

5:00 PM 3 tsp black til seeds

6:30 PM 2 Eggs + veggies [or] Roasted Makhana

9:15 PM 1 Protein Bar [or] 1 Egg [post workout]
2 Phulka + Chicken
[or] 1 Katori Rice + Chole/ Rajma
[or] 2-3 Moongdal Chilla + veggies [thrice]

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 