

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

2/27/2023

Weight: 67.1 kg

Name:Gaurav

Age:29yrs

Height:172 cms

Food Plan Week 10

Pre-workout 5-7 Apricot (Dried) (Eat One At A Time, Chew Well)

Breakfast/ 15g Protein Powder/ 2 Eggs
Post workout 1 Tortilla + 50g Avacado/ 2 fruits

10:30 AM 1 Glass Water + 1 tbsp Chia Seeds

1:30 PM Saute Veggies
Chicken/ Fish/ Chana
+ 1 Tortilla/ Yogurt

5:00 PM 2 Eggs/ 1 Glass Milk
+ 1 Fruit

8:00 PM Salad/ Soup
2 Katori Khichadi + Palak
[or] Grilled Chicken + Saute veggies
[or] 1 Katori Rice + Rajma/Chole/ Chicken

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 