

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

2/28/2023

Weight: 59 kgs

Name: Chandrashekhar

Age: 51 yrs

Height: 170 cms

### Food Plan Week 20

7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:30 AM 1 Veg Stuffed Roti (+ Veggies)  
1 Egg/Curd + Veggies

11:30 AM Fruit Smoothie / Bowl  
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

2:30 PM 2-3 Phulka  
Sabji  
Salad + Sprouts + Curd

5:30 PM Chana/ Roasted Makhana + Veggies

8:30 PM Soup/ Salad  
2 Phulka + Rajma/ Chole  
[or] 2-3 Bread +Veggies [Pav bhaji/ Sandwich]  
[or] 2-3 Katori Palak Khichadi

10:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

Program Expiry  
21-11-22

### Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.




Sneha Fafat

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# Activity and Food Tracker

SEE HOW YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 