

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

3/4/2023

Weight: 98.2 kg

Name: Bhushan

Age: 47yrs

Height: 178 cms

Food Plan Week 28

10:00 AM 1 Glass Milk + 1 tbsp chia seeds

12:00 PM Buttermilk/ 1 Egg

2:00 PM Salad
1 Phulka
Sabji
Dal/ Rajma/ Moong

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

6:30 PM 30g Coconut (grated or 2" x 2" Piece)
+ Coconut Water

9:15 PM 1 Protein Bar [or] 1 Egg [post workout]
2 Phulka + Palak sabji
[or] 1 Katori Rice + Chicken
[or] 2 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

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Activity and Food Tracker

SEE HOW YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 