

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

3/13/2023

Weight: 66.8 kg

Name:Gaurav

Age:29yrs

Height:172 cms

Food Plan Week 12

Pre-workout 1 Fruit

Breakfast/ Fruit Smoothie / Bowl

Post workout Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

10:30 AM 1 Slice/ Cube Cheese [or] 2 Eggs

1:30 PM Saute Veggies
1 Bread/ 1 Katori Rice
+ Chicken/ Tofu / 2 Eggs

5:00 PM Pop-corn [or] Yogurt + 1 Fruit

8:00 PM Salad/ Soup
2 Tortilla/ Phulka + Chicken
[or] 1 Katori Rice + Chole/ Rajma
[or] 4 Slices thin crust Pizza with Chicken

Program Expiry
12-03-23

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 