

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

3/15/2023

Weight: 59 kgs

Name: Chandrashekhar

Age: 51 yrs

Height: 170 cms

Food Plan Week 21

7:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

9:30 AM 1.5 Katori Upma/ Poha
1 Fruit

11:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

2:30 PM Salad + 2 Tsp seeds
2-3 Phulka
Sabji
Dal/ kadi

5:30 PM 1 Glass Milk + 1 Tbsp Chia seeds

8:30 PM Soup/ Salad
1.5 Katori Rice + Palak Dal/ Chicken
[or] 2 Bread + Sabji [pav bhaji/ sandwich]
[or] 3-4 Idlis + sambar chutney

10:30 PM 3 tsp black til seeds

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 