

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

26-06-23

Weight: 80kg

Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

Food Plan Week 6

8:30 AM 8 Almonds (Eat One At A Time, Chew Well)

10:30 AM 2 Eggs + Veggies [or] 1 bread + 1 Egg

1:30 PM Salad
1.5 Katori Rice
Rajma/ Chole/ Palak dal

4:30 PM Pop-corn [or] roasted Makhana

7:30 PM 2 Moong dal chilla (+ Grated veggie) + chutney
[or] 2 Phulka + Sabji
[or] Saute veggies + Grilled Chicken

10:30 PM 1 Fruit [or] 4 Anjeer

Program Expiry
11-08-23

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 