

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

7/20/2023

Weight: 78 kg

Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

Food Plan Week 9

8:30 AM Ginger juice + Honey (each 1 tsp)

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

1:30 PM Salad
1.5 Katori Rice
Chole/ Paneer sabji/ Sambar

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

7:30 PM 2 Phulka + Green leafy Sabji + Dal
[or] Bhel
[1 Katori Chana + 1 tbsp Peanut + Murmura + Green Chutney +veggies]
[or] 3-4 Slices Thin Crust Pizza

10:30 PM 20g Mix Seeds (Eat One At A Time, Chew Well)

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 