

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

7/30/2023

Weight: 78 kg

Name: Sandeep

Age: 42 Yrs

Height: 178 Cms

### Food Plan Week 10

8:30 AM Nil

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

1:30 PM Salad + Sprouts + Curd  
3/4 Katori Herbed Rice/ Corn

4:30 PM Grilled Paneer/ Cheese - 40g  
+ Veggies

7:30 PM 2 Phulka + Paneer Sabji/ Chole  
[or] 2 katori Veg Khichadi + Kadi  
[or] 1 Millet roti + Dal/ Kadi

10:30 PM 2 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 