

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

6/26/2022

Weight: kg Name: Romit Age: 31 yrs Height: 168 cms

Food Plan Week 2

5:30:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)
Preworkout

8:00 AM 1.5 Katori Sprouts/ 2 Moongdal Chilla

10:00 PM 1 Slice Cheese

12:30 PM Salad + Peanuts + curd
1 Phulka
Sabji

4:00 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

6:00 PM 30g Coconut (grated or 2" x 2" Piece)
Coconut Water

8:00 PM 1 katori Rice + Dal/ Chole/ Rajma
[or] 2-3 Idlis/1 Uttapam + Sambar Chutney
[or] 2 Missi Roti (methi/ coriander leaves + 50% besan)

Program Expiry
14-09-22

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 							