

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

7/3/2022

Weight: 58.8 kg Name: Romit Age: 31 yrs Height: 168 cms

Food Plan Week 3

5:30:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)
Prewriteout

8:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

10:00 PM 3 tsp black til seeds

12:30 PM Salad + Sprouts
1 Phulka
Sabji
Paneer/Curd

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

6:00 PM 1 Slice/ Cube Cheese
1 Fruit

8:00 PM 2 Katori veg Daliya
[or] Veg Soup + Grilled Paneer-60g
[or] 2 Moongdal chilla

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 							