

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

7/16/2022

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

### Food Plan Week 4

5:30:00 AM      1 Tsp (raw) Methi Seeds (soaked overnight)  
Preworkout

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

10:00 PM      1 Coconut water

12:30 PM      Salad + 3-4 tsp Peanuts  
1 Phulka  
Sabji  
Dal/ Kadi

4:00 PM      5 Cashewnuts (Eat One At A Time, Chew Well)

6:00 PM      Murmura + Veggies

8:00 PM      2-3 idlis / 2 uttapam + sambar Chutney  
[or] 1 Katori Rice + Chole  
[or] 3 Slices Pizza

Program Expiry

**Note** 14-09-22

- A) Refer General Guidelines.
- B) 1 Free Meal In the Week is Allowed.




Sneha Fafat

[www.snehafafat.com](http://www.snehafafat.com)

## Activity and Food Tracker

SEE HOW  
YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 