

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

7/21/2022

Weight: 58 kg      Name: Romit      Age: 31 yrs      Height: 168 cms

### Food Plan Week 5

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

8:00 AM      1.5 katoris Upma/ 1 Dosa

10:00 PM      8 Almonds (Eat One At A Time With Skin, Chew Well)

12:30 PM      Salad + 3 tsp Seeds  
3/4 Katori Rice  
Sabji [paneer/ Rajma/ Chole]

4:00 PM      1 Slice/ Cube Cheese

6:00 PM      1 Katori Boiled Chana/ Peanuts  
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:00 PM      2 Besan Chilla + Lauki  
[or] 1 Katori Pasta [+ Veggies + 1 Cube Cheese]  
[or] 1 Millet roti + Sabji + Kadi

Program Expiry  
14-09-22

#### Note

- 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 