

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

7/29/2022

Weight: 57.8 kg Name: Romit Age: 31 yrs Height: 168 cms

Food Plan Week 6

5:30:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)
Preworkout

8:00 AM 1/2 Katori Sprouts + Curd + veggies

10:00 PM 1 Glass Water + 1 tbsp chia seeds

12:30 PM Salad
1 Phulka
Sabji
Buttermilk

4:00 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

6:00 PM 2 Fruits + 3 tsp Seeds

8:00 PM 2 Katori Palak Khichadi
[or] 3 Slices Pizza + Soup
[or] Sprouts Bhel [1 Katori Sprouts + Murrua + veggies]

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 