

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

8/7/2022

Weight: 57.8 kg

Name: Romit

Age: 31 yrs

Height: 168 cms

Food Plan Week 7

5:30:00 AM 3 tsp black til seeds
Preworkout

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

10:00 PM Dal water with tadka+E13

12:30 PM Salad
1 Phulka
Sabji
Dal/ Paneer

4:00 PM Tulsi tea (boil tulsi leaves in water)

6:00 PM Roasted Makhana [or] Popcorn

8:00 PM 1 Millet Roti + Palak Dal
[or] 2 Idlis + sambar chutney
[or] 2 Katori Khichadi + Kadi

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 