

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

13-08-22

Weight: 56.8 kg Name: Romit Age: 31 yrs Height: 168 cms

Food Plan Week 8

5:30:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)
Prewriteout

8:00 AM 1.5 katoris Upma/ 1 Dosa

10:00 PM 1 Fruit

12:30 PM Salad + 4-5 Pcs Paneer
1 Phulka
Sabji
Buttermilk

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

6:00 PM 1 Katori Boiled Chana + Veggies + Curd

8:00 PM 1 Katori Rice + Rajma/ Chole
[or] 2-3 Moongdal Chilla + lauki
[or] 1 Katori Noodles + Saute Veggies

Program Expiry
14-09-22

Note

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




Sneha Fafat

www.snehafafat.com

Activity and Food Tracker

SEE HOW
YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 