

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

20-08-22

Weight: 57 kg

Name: Romit

Age: 31 yrs

Height: 168 cms

Food Plan Week 9

5:30:00 AM Preworkout	1 Tsp Methi Seeds (soaked)
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 + Sprouts + Curd 1 Phulka Sabji
4:00 PM	Tulsi Water (soak tulsi leaves in water overnight) 1 Rasgulla (Completely squeeze out syrup)
6:00 PM	Roasted makhana/ pop-corn
8:00 PM	Slad/ Soup 1 Phulka + Paneer sabji [or] 1 Katori Rice + Besan/ Chole [or] 1 Veg Stuffed Paratha + 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

Activity and Food Tracker

SEE HOW
YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 							