

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

8/28/2022

Weight: 57 kg Name: Romit Age: 31 yrs Height: 168 cms

Food Plan Week 10

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

8:00 AM 1 Veg Stuffed Roti (+ peas/ Palak/ dal)

10:00 PM 1 Fruit

12:30 PM Salad + Rajma/ Chole
1 Phulka
Sabji

4:00 PM 30g Mix Seeds (Sunflower, pumpkin, watermelon, flax)

6:00 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

8:00 PM Slad/ Soup
1 Millet roti + Sabji + Dal
[or] 3 Slices PIZZA
[or] 2 Katori Daliya with 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 