

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

9/10/2022

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

Food Plan Week 12

5:30:00 AM 1 Tsp Methi Seeds (soaked)
Preworkout

8:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruit 1 tbsp + 2 tsp roasted Flax seed

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

12:30 PM Salad
1 Phulka
Sabji
Dal/Buttermilk

4:00 PM 1 Slice cheese

6:00 PM 1 Katori Chana/ Peanuts + Veggies + Murrura

8:00 PM Salad/ Soup [daily]
3-4 Pcs Paneer [daily]
2-3 Moongdal Chilla + lauki
[or] 3 Idlis + sambar chutney
[or] 1 Katori Rice + Rajma/ Chole

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 |
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| Exercise  | | | | | | | |
| Water  | | | | | | | |