

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

9/18/2022

Weight: 57 kg

Name: Romit

Age: 31 yrs

Height: 168 cms

Food Plan Week 13

5:30:00 AM 4 Anjir (Eat Half At A Time, Chew Well)
Preworkout

8:00 AM 1.5 katoris Poha/ Upma

10:00 PM 4-5 Pcs Paneer/ 1 Slice Cheese

12:30 PM Salad + Sprouts + Curd + 1 tsp Flax seeds
1 Phulka
Sabji

4:00 PM 1 Cup Milk

6:00 PM 1 Katori Boiled Chole/ Rajma + veggies

8:00 PM Salad/ Soup [daily]
2 Phulka + Paneer Sabji
[or] 2 Katori Palak Khichadi
[or] 1 Millet roti + Sbaji + 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 