

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: 80 kg

Name: Saniya

Age: 16 Yrs

Height: 155 Cms

Food Plan Week 13

Night 8pm
to
8am
Lemon water [or]
Mint water [or]
sauf water [or] Cinnamon water [or]
Green Tea

8:30 AM

1 Khakra + 1 Katori Roasted Chana
[or] 2 idlis + sambar chutney

12:30 PM

Salad
2 Phulka
Sabji
Dal/ Chole/ Rajma

4:30 PM

4 Dhokla [or] 4-5 Pcs Paneer + Saute veggies

7:00 PM

2 Methi Thepla + Curd
[or] 2 Bread + Veggies [pav bhaji/sandwich] + Soup
[or] 2 Moongdal Chilla + 1 Cube cheese + Veggies

Program Expiry
21-3-22

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 