

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

9/24/2022

Weight: 57 kg

Name: Romit

Age: 31 yrs

Height: 168 cms

Food Plan Week 14

5:30:00 AM 1 Coconut water
Prewriteout

8:00 AM 1.5 Katori Sprouts/ 5-6 pcs Paneer + veggies

10:00 PM 1 Fruit

12:30 PM Salad
1 Phulka
Sabji
Curd/ Buttermilk

4:00 PM 20g Raisin (Eat One At A Time, Chew Well)

6:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
[or] Pop-corn

8:00 PM Salad/ Soup [daily]
1 Lauki stuffed Roti + Kadi
[or] 2-3 Idlis + sambar Chutney
[or] 2 Katori Veg Upma

Program Expiry

Note 14-09-22

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 