

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: 78 kg

Name: Saniya

Age: 16 Yrs

Height: 155 Cms

Food Plan Week 14

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

8:30 AM
 1.5 Katori Peanuts [or] 1 Fruit + 1 Slice cheese

12:30 PM
 Salad
1 Millet Roti
Sabji
Dal/ Kadi

4:30 PM
 2 Besan chilla + veggies [or] Saute veggies + paneer 5 pcs

7:00 PM
 Murmura + 1 Katori Boiled Chana + veggies + Green Chutney
[or] 2 Oats Chilla + Palak
[or] 2-3 Idlis + Sambar chutney

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 