

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

9/30/2022

Weight: 78 kg

Name: Saniya

Age: 16 Yrs

Height: 155 Cms

Food Plan Week 15

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

8:30 AM
 1.5 Katori Roasted Chana [or] 2 bread + Cheese Slice

12:30 PM
 Salad
1 Phulka/ Palak Roti
Sabji
Curd/ Paneer

4:30 PM
 1 Khakra + Veggies + 1 Cube Cheese [or] 2 Idli with tadka

7:00 PM
 2 Uttapam + Veggies + sambar chutney
[or] 3 Slices Pizza with paneer n veggies
[or] 1 Katori Boiled Pasta + Veggie sauce + veggies + Cheese

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