

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

10/1/2022

Weight: 57 kg

Name: Romit

Age: 31 yrs

Height: 168 cms

Food Plan Week 15

5:30:00 AM Preworkout 8 Almonds (Eat One At A Time With Skin, Chew Well)

8:00 AM 1.5 Katori Upma/ Sprouts + Veggies

10:00 PM 4 Anjir (Eat Half At A Time, Chew Well)

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

4:00 PM 1 Fruit

6:00 PM 1 Katori Curd + Veggies

8:00 PM Salad/ Soup [daily]
2 Oats Chilla + Lauki
[or] 2 katori Palak Khichadi
[or] 2 Missi Roti + Kadi

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 