

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

10/8/2022

Weight: 78 kg

Name: Saniya

Age: 16 Yrs

Height: 155 Cms

Food Plan Week 16

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

8:30 AM 2 Fruits + 2 tsp Mix seeds [or] 2 idlis + Chutney

12:30 PM Salad
2 Phulka
Sabji [Rajma/ Chole/ Paneer]

4:00 PM 2 Dates (Eat Half At A Time, Chew Well)

5:30 PM 1 Glass Milk + 1 tbsp Chia seeds

8:30 PM 1 Millet roti + Palak Dal
[or] 2-3 Moongdal Chilla + Lauki
[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 