

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

10/9/2022

Weight: 57 kg

Name: Romit

Age: 31 yrs

Height: 168 cms

Food Plan Week 15

5:30:00 AM Preworkout 1 Tsp Methi Seeds (soaked)

8:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

10:00 PM Thin Buttermilk 2 Glasses

12:30 PM 1 Katori Boiled Corn/ Rice
+ Veggies [raw/saute]
+ Paneer or cheese [1 Cube]

4:00 PM 1 Katori Roasted Chana/ chana chor

6:00 PM 1 Glass Water + 1 tbsp Chia seeds
+ (optional) 1 tsp Any syrup [rose khus etc..]

8:00 PM Grilled Paneer 60-70g + Saute Veggies
[or] Soup + 2 Kaotri Veg Daliya
[or] 1 Phulka + Rajma + Salad

Program Expiry
14-09-22

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 							