

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

10/15/2022

Weight: 77 kg

Name: Saniya

Age: 16 Yrs

Height: 155 Cms

### Food Plan Week 17

Night 8pm  
to  
8am

Lemon water [or]  
Mint water [or]  
sauf water [or] Cinnamon water [or]  
Green Tea

8:30 AM

Fruit Smoothie [Deep Freeze at night]  
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

12:30 PM

Salad + Sprouts + Curd  
2 Phulka  
Sabji

4:00 PM

1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)  
No sugar/ jaggery to be added

5:30 PM

Roasted Makhana [or] Pop-corn

8:30 PM

3 Slices Pizza with paneer  
[or] 2 Millet roti + Palak Dal  
[or] 1 Katori Rajma + Veggies + Curd + 1 Katori herbed Rice

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 