

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: 57 kg

Name: Romit

Age: 31 yrs

Height: 168 cms

Food Plan Week 17

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

8:00 AM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

10:00 PM Coconut water

12:30 PM 1 Katori Rice
sabji [paneer/Rajma/chole]
Salad

4:00 PM Murmura (+ Veggies + Green Chutney)

6:00 PM Saute Peas with onion [or] Roasted makhana

8:00 PM 2 Oats Chilla + Palak + Onion
[or] 2 Katori Palak Khichadi
[or] 5-6 Pcs Besan Dhokla

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 							