

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

22-10-22

Weight: 57 kg

Name: Romit

Age: 31 yrs

Height: 168 cms

Food Plan Week 18

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

8:00 AM 1 Fruit + 1 Slice Cheese

10:00 PM Buttermilk

12:30 PM 1 Katori Rice + Dal + Salad
[or] 2 Bread + veggies [sandwich/pav bhaji]

4:00 PM 1 Glass Water + 1 tbsp chia seeds

6:00 PM Roasted Chana/ Peanuts

8:00 PM 2 katori Khichadi + veggies
[or] 2-3 Idlis + Sambar chutney
[or] Like Lunch

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 							