

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

25-10-22

Weight: 57 kg

Name: Romit

Age: 31 yrs

Height: 168 cms

### Food Plan Week 19

5:30:00 AM Tulsi Water (soak tulsi leaves in water overnight)  
Prewriteout

8:00 AM 1 Bread + 1-2 Slice Cheese + Veggies

10:00 PM 4 Anjir (Eat Half At A Time, Chew Well)

12:30 PM Fruit Smoothie / Bowl  
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

4:00 PM 2 Rasgullas (Completely squeeze out syrup)

6:00 PM Saute Peas [or] Grilled paneer + veggies

8:00 PM 1.5 Katori Rice + Palak Dal/ veg Sambar  
[or] 1 thin crust Pizza with paneer  
[or] 1 Katori Boiled Chana + Veggies + 1 Bread toast

Program Expiry  
14-09-22

### Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.




Sneha Fafat

[www.snehafafat.com](http://www.snehafafat.com)

## Activity and Food Tracker

SEE HOW  
YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 