

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: 77 kg

Name: Saniya

Age: 16 Yrs

Height: 155 Cms

Food Plan Week 18

Night 8pm to 8am	Lemon water [or] Mint water [or] sauf water [or] Cinnamon water [or] Green Tea
8:30 AM <input type="checkbox"/>	1 Fruit + 1 Slice Cheese [or] 2 Idlis + sambar chutney
12:30 PM <input type="checkbox"/>	Salad 2 Phulka Sabji Dal/ Kadi
4:00 PM <input type="checkbox"/>	1 Fruit
5:30 PM <input type="checkbox"/>	3-4 Dhokla [or] Roasted Makhana
8:30 PM <input type="checkbox"/>	2 katori Palak Khichadi [or] 2 Phulka + Matar Paneer [or] 2-3 Moongdal Chilla + Lauki

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 							