

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

11/6/2022

Weight: 78 kg

Name: Saniya

Age: 16 Yrs

Height: 155 Cms

Food Plan Week 19

Night 8pm to 8am
Lemon water [or]
Mint water [or]
sauf water [or] Cinnamon water [or]
Green Tea

8:30 AM
Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
[deep freeze this over night to carry it to coll]

12:30 PM
Salad
1 Katori Rice
Palak Dal/ Chole/ Rajma

4:00 PM
Salad + 5-6 Pcs Soy chunks

5:30 PM
2 Rasgullas (Completely squeeze out syrup)
[or] Saute peas with onion

8:30 PM
3 Slices Pizza [paneer/mushroom]
[or] 2-3 Idlis + sambar chutney
[or] 2 Katori Veg Daliya + kadi

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 