

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

11/13/2022

Weight: 77.5 kg

Name: Saniya

Age: 16 Yrs

Height: 155 Cms

### Food Plan Week 20

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

8:30 AM  
 Murmura + 1 Katori Roasted chana/ Peanuts

12:30 PM  
 Salad + Curd  
1 Phulka + Chole/ Paneer sabji  
[or] 3 Idlis chutney Sambar with veggies

4:00 PM  
 4 Anjeer

5:30 PM  
 2-3 Idlis with tadka [or] Makhana Bhel

8:30 PM  
 2 Phulka Roll + Saute Veggies + Paneer  
[or] 2 Small uttapam  
[or] 2 Katori Palak Khichadi

Program Expiry  
21-3-22

### 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 