

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

11/14/2022

Weight: 56.5 kg

Name: Romit

Age: 31 yrs

Height: 168 cms

### Food Plan Week 20

5:30:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)  
Prewriteout

8:00 AM 1.5 katoris Poha/ 1 Uttapam

10:00 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

12:30 PM Salad + Sprouts + curd  
1 Phulka  
Sabji

4:00 PM 1 Coconut water

6:00 PM 1 Katori Peanuts/ Chana + veggies + Murmura

8:00 PM 2 Phulka + Paneer Sabji  
[or] 2 Katori Mix Veg Khichadi  
[or] 2-3 Idlis + sambar chutney

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 