

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

18-11-22

Weight: 77.5 kg

Name: Saniya

Age: 16 Yrs

Height: 155 Cms

### Food Plan Week 21

Night 8pm to 8am	Lemon water [or] Mint water [or] sauf water [or] Cinnamon water [or] Green Tea
8:30 AM <input type="checkbox"/>	2 Bread + Cheese
12:30 PM <input type="checkbox"/>	Salad + Peanuts 1 Phulka Sabji Dal
4:00 PM <input type="checkbox"/>	1 Fruit
5:30 PM <input type="checkbox"/>	Popcorn [or] 4-5 Pcs Dhokla
8:30 PM <input type="checkbox"/>	1 Millet roti + Palak Sabji + Kadi [or] 1 katori Rice + Rajma/Chole [or] 1 Katori Pasta + Saute veggies + 1 Slice Cheese

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 