

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

19-11-22

Weight: 56.5 kg Name: Romit Age: 31 yrs Height: 168 cms

Food Plan Week 21

5:30:00 AM 1 Slice/ Cube Cheese
Prewriteout

8:00 AM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

10:00 PM Buttermilk

12:30 PM Salad
1 Phulka
Sabji
Dal/ Chole/ Moth

4:00 PM 30g Coconut (grated or 2" x 2" Piece)

6:00 PM Sprouts Salad with Tadka (1 Katori Sprouts + veggies)
[or] Gajar Halwa [2 Tsp Sugar, 1 Tsp Ghee, Low-Fat Milk]

8:00 PM Salad/ Soup
Saute paneer +Veggies + 1 Katori rice [pulav type]
[or] 2 Bread + Sabji [sandwich/ Pav bhaji]
[or] Veg. Pasta (1 Katori Pasta + Veggies, 1 cube Cheese)

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 