

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

11/22/2022

Weight: 116 kgs

Name: Ansh

Age: 14yrs

Height: 162 cms

Food Plan Week 1

7:00 AM 1 Banana (take Small bites, chew well)

Breakfast 1.5 katoris Poha/ Upma

Lunch 2 Veg Stuffed roti [palak/ Methi] (min Oil) + Curd

4:00 PM Salad
2 Phulka
Sabji
Dal/ Curd

6:00 PM Bhel
[Murmura + 1 Katori Peanut/Chana + Veggies + Green Chutney + Curd]

9:00 PM Salad/ Soup
2 Phulka + Chicken/ Chole
[or] 3-4 Idlis + Sambar chutney
[or] 3-4 Slices Pizza

11:30 PM 2-3 Eggs + veggies [or] Hot Chocolate [Milk + 1 tbsp Chocolate syrup]

Program Expiry
21-02-23

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 							