

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

11/25/2022

Weight: 77 kg

Name: Saniya

Age: 16 Yrs

Height: 155 Cms

Food Plan Week 22

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

8:30 AM
Fruit Smoothie / Bowl - Freeze overnight
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

12:30 PM
Rajma/ Chole/ Cheese
Murmura / Corn
+ Veggies

4:00 PM
Murmura + veggies
[or] Gajar Halwa [2 Tsp Sugar, 1 Tsp Ghee, Low-Fat Milk] [twice]

5:30 PM
4 Dhokla / Upma + veggies/

8:30 PM
2 Phulka + Paneer sabji
[or] 2 Katori Palak Khichadi
[or] 3 Slices Pizza

Program Expiry
21-3-22

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 