

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

11/26/2022

Weight: 56.5 kg

Name: Romit

Age: 31 yrs

Height: 168 cms

Food Plan Week 22

5:30:00 AM Preworkout 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

8:00 AM 1 Fruit + 1 Slice Cheese

10:00 PM 1/2 Katori Roasted Chana

12:30 PM Salad + Curd
1 Phulka
Sabji

4:00 PM 1 Fruit

6:00 PM Pop-corn [or] Roasted makhana

8:00 PM Salad/ Soup
1 Millet roti + Palak Dal
[or] 2-3 Moongdal Chilla + Lauki
[or] 1 Katori Rice + Rajma

Program Expiry
14-09-22

Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.



Sneha Fafat

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Activity and Food Tracker

SEE HOW YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 							