

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

11/30/2022

Weight: 103.9 kg

Name: Sarang

Age: 19 Yrs

Height: 180 Cms

### Food Plan Week 6

5:30 AM 1 Fruit

8:00 AM 1.5 Katori Sprouts/ Upma

11:00 AM 20g Raisin (Eat One At A Time, Chew Well)

1:30 PM Salad  
2 Phulka  
Sabji  
Dal [ + veggies like palak/tomato/onion/lauki]

6:00 PM 30g Mix Seeds (Sunflower, pumpkin, watermelon, flax)  
+ Roasted Makhana + veggies

8:00 PM Soup [daily]  
2 Phulka + Paneer Sabji  
[or] 2 Katori palak Khichadi  
[or] 2 Bread + Sabji [Pav bhaji/ sandwich]

Program Expiry  
12-01-23

### 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 