

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: 116 kgs

Name: Ansh

Age: 14yrs

Height: 162 cms

Food Plan Week 2

7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

Breakfast 2 Idlis with tadka/ 1 katori Boiled Chana + veggies

Lunch 2 Phulka
Sabji [Paneer/ Chole/rajma]

4:00 PM Salad
1 Katori Rice
Sabji
Dal/ Kadi

6:00 PM Roasted Makhana [or] 1 Bread with cheese + veggies

9:00 PM Salad/ Soup
Grilled Chicken + 2 Katori Palak Khichadi
[or] 2-3 Uttapam + sambar Chutney
[or] 2 Phulka + Sabji + Dal

11:30 PM 8 pcs Walnuts + 1 Fruit

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 							