

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

12/3/2022

Weight: 56.5 kg

Name: Romit

Age: 31 yrs

Height: 168 cms

Food Plan Week 23

5:30:00 AM Preworkout 1 Tsp Methi Seeds (soaked)

8:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

10:00 PM 30g Coconut (grated or 2" x 2" Piece)

12:30 PM Salad
1 Phulka
Sabji
Dal/ Chole/ Moth

4:00 PM 1 Slice/ Cube Cheese

6:00 PM 1 Katori Peanuts [boiled/ roasted]
[or] Gajar Halwa [2 Tsp Sugar, 1 Tsp Ghee, Low-Fat Milk]

8:00 PM Salad/ Soup
3 Slices Pizza [Paneer]
[or] 2 Oats + Besan Chilla + Palak
[or] 2 Katori Veg Khichadi

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 