

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: 77 kg

Name: Saniya

Age: 16 Yrs

Height: 155 Cms

Food Plan Week 23

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

8:30 AM

1 Slice/ Cube Cheese
1 Fruit

12:30 PM

1 Phulka
Chole/ Paneer / moth
Salad

4:00 PM

Saute Peas with onion [or] roasted Makhana

5:30 PM

1 Glass Milk + 1 tbsp chia seeds

8:30 PM

1 Millet Roti + Palak Dal
[or] 2 Missi Roti + Kadi
[or] 1 Veg Stuffed Roti [Lauki/Radish]

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 