

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

12/7/2022

Weight: 115.5 kgs

Name: Ansh

Age: 14yrs

Height: 162 cms

Food Plan Week 3

7:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

Breakfast 1.5 katoris Poha/ Upma/ 2 Eggs + veggies

Lunch 2 Phulka + Sabji
[or] 2 Katori Veg Khichadi

4:00 PM Salad
1 Millet roti + Sabji+ Dal/ Kadi
[or] Murmura + Chana + veggies

6:00 PM 1 Katori Peanuts [or] Pop-corn

9:00 PM Salad/ Soup
1.5 Katori Rice + Chicken (min oil)
[or] 3 -4 Idlis +sambar chutney
[or] 2 Phulka + Sabji + Dal

11:30 PM 1 Glass Milk [or] 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 