

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: 102.4 kg

Name: Sarang

Age: 19 Yrs

Height: 180 Cms

Food Plan Week 7

5:30 AM 1 Glass Water + 1 tbsp chia seeds

8:00 AM 1 Stuffed roti + Veggies (or) 1 Uttapam

11:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

1:30 PM 2 Veg Stuffed Roti + Gobi/ Palak/ Methi
[or] 2 Phulka + Sabji

6:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
[or] Saute Peas with onion

8:00 PM Soup [daily]
2 Millet roti + Palak Dal/ Kadi
[or] 2 - 3 Oats + besan chilla + lauki
[or] 2-3 Idlis + Sambar Chutney

Program Expiry
12-01-23

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 