

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

12/11/2022

Weight: 56.5 kg

Name: Romit

Age: 31 yrs

Height: 168 cms

Food Plan Week 24

5:30:00 AM Preworkout 8 Almonds (Eat One At A Time With Skin, Chew Well)

8:00 AM 1.5 katoris Sprouts/ Upma

10:00 PM 1 Fruit

12:30 PM Salad + Peanuts/ rajma
1 Phulka
Sabji

4:00 PM 4 Anjir (Eat Half At A Time, Chew Well)

6:00 PM Hot Chocolate (Home Made) + 1tbsp chocolate syrup
[or] 30g Coconut [grated/ piece]

8:00 PM Salad/ Soup
1 Millet roti + Kadi + Sabji
[or] Grilled Paneer 100g + saute veggies
[or] 2 Bread + Sabji [Pav bhaji/ Sandwich]

Program Expiry
14-09-22

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 							