

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: 76 kg

Name: Saniya

Age: 16 Yrs

Height: 155 Cms

Food Plan Week 24

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

8:30 AM
 2 idlis [or] 1 Katori Chana/ Peanuts

12:30 PM
 Salad + Paneer/Cheese - 30g
1 Phulka/ Millet roti
Sabji
Dal/ Kadi

4:00 PM
 10 Almonds

5:30 PM
 1 Katori Upma
[or] Veg. Pasta (1 Katori Pasta + Veggies Of Your Choice, 1 Cube Cheese)

8:30 PM
 1 Katori Boiled Rajma + Veggies + Feta Cheese/Paneer - 50g
[or] 2 Bread + sabji [pav bhaji/ sandwich]
[or] 1 Katori Rice + Black Dal + Salad

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 