

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

12/15/2022

Weight: 113.2 kgs

Name: Ansh

Age: 14yrs

Height: 162 cms

Food Plan Week 4

7:00 AM 1 Fruit

Breakfast 1veg stuffed roti / 2 Eggs + veggies

Lunch 2 Phulka + Sabji
[or] 2 Katori Veg Pulav + Chole

4:00 PM Salad
2 bread + 1 Slice cheese + veggies
[or] Sprouts with tadka + Veggies + Murmura

6:00 PM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

9:00 PM Salad/ Soup
Chicken Pizza - 4 Slices
[or] 3-4 Moongdal Chilla + veggies
[or] 2 Phulka + Paneer Sabji

11:30 PM 4 Anjir (Eat Half At A Time, Chew Well)

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 