

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

12/18/2022

Weight: 102.6 kg

Name: Sarang

Age: 19 Yrs

Height: 180 Cms

Food Plan Week 8

5:30 AM 1 Fruit

8:00 AM 1.5 katori Poha/ Upma + Veggies

11:00 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

1:30 PM 2 Phulka + Paneer
[or] 2 Katori veg Khichadi

6:00 PM 1 Slice/ Cube Cheese
1 Fruit

8:00 PM Soup [daily]
2 Phulka + Sabji + Dal/ Besan
[or] 1.5 Katori Rice + Palak Dal
[or] 2 veg Stuufed roti + Kadi

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 |
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| Exercise  | | | | | | | |
| Water  | | | | | | | |