

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

12/23/2022

Weight: 112.2 kgs

Name: Ansh

Age: 14yrs

Height: 162 cms

### Food Plan Week 5

7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

Breakfast 4 Pcs Dhokla/ 2 idlis

Lunch 2 Phulka  
Sabji

4:00 PM Salad + 1 Katori Chana + Green Chutney + Curd  
+ 1 Katori Rice  
+ Dal

6:00 PM 2 Rasgullas (Completely squeeze out syrup)  
[or] Roasted Makhana

9:00 PM Salad/ Soup  
2 katori Rice + Chicken  
[or] 2 Millet roti + Palak Dal  
[or] 2-3 Bread + Sabji [Pav bhaji/sandwich]

11:30 PM 1 Fruit

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 