

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

26-12-22

Weight: 103.5 kg

Name: Sarang

Age: 19 Yrs

Height: 180 Cms

### Food Plan Week 9

5:30 AM 1 Glass Milk

8:00 AM 1 Veg Stuffed Roti (+ Veggies)

11:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:30 PM 2 Phulka  
Sabji + Sprouts

6:00 PM Pop-corn [or] 2 Idlis

8:00 PM Soup [daily]  
2 Uttapam + Sambar Chutney  
[or] 1 Millet roti + Palak Dal  
[or] 4 Slices Pizza

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
Exercise 							
Water 