

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

27-12-22

Weight: 112.2 kgs Name: Ansh Age: 14yrs Height: 162 cms

Food Plan Week 6

7:00 AM	1 Fruit
Breakfast	1.5 katoris Upma/ Sprouts/ 2 Eggs
Lunch	2 Phulka Sabji
4:00 PM	1 Millet Roti Sabji dal
6:00 PM	Bhel [Murmura + Chana + veggies] [or] 1 Fruit + 1 Slice cheese
9:00 PM	Salad/ Soup Roll - 2 Phulka + Paneer + Salad [or] 3-4 Idlis + sambar chutney [or] 2 Missi Roti (methi/ coriander leaves + 50% besan) + kadi
11:30 PM	1 Glass Milk

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 							