

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

1/3/2023

Weight: 102.6 kg

Name: Sarang

Age: 19 Yrs

Height: 180 Cms

Food Plan Week 10

5:30 AM 4 Anjir (Eat Half At A Time, Chew Well)

8:00 AM 1.5 katoris Upma/ 2 Idlis

11:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

1:30 PM 2 Palak/ Methi/ Gobi Paratha

6:00 PM 1 Slice/ Cube Cheese
1 Fruit

8:00 PM Salad/ Soup
2 Katori Khichadi + Kadi
[or] 2 Phulka + Paneer Sabji
[or] 5-6 Dhokla

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 