

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

1/8/2023

Weight: 109.9 kgs

Name: Ansh

Age: 14yrs

Height: 162 cms

Food Plan Week 7

7:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

Breakfast Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

Lunch 2 Phulka
Sabji

4:00 PM 1 Katori Rice
Sabji/ Salad
Dal/ Chole

6:00 PM Murmura + Peanut/ Chana + veggies
2 Tsp Mix Seeds

9:00 PM Salad/ Soup
Pav Bhaji [2 bread]
[or] 2 Katori Khichadi + kadi
[or] 1.5 Katori rice + Chicken

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 