

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

1/10/2023

Weight: 102 kg

Name: Sarang

Age: 19 Yrs

Height: 180 Cms

Food Plan Week 11

5:30 AM Tulsi tea (boil tulsi leaves in water)

8:00 AM 1.5 Katori Sprouts/ 2 Moongdal Chilla

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

1:30 PM 2 Phulka
Paneer Sabji/ Chole/ Rajma

6:00 PM Roasted Makhana [or] Pop-corn

8:00 PM Salad/ Soup
1.5 Katori Rice + Palak Dal
[or] 3-4 Idlis + Samabr chutney
[or] 50g Grilled Paneer + 2 Phulka + Sabji

Program Expiry
12-01-23

Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.




Sneha Fafat

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Activity and Food Tracker

SEE HOW YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 