

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

14-01-23

Weight: 109.9 kgs Name: Ansh Age: 14yrs Height: 162 cms

Food Plan Week 8

7:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

Breakfast 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)
[or] Veggies with 1 Cube cheese

Lunch 2 Phulka
Sabji

4:00 PM 1 Phulka + sabji + Dal
[or] 2 Idlis + sambar with veggies

6:00 PM 2 Eggs + veggies
[or] Pani puri [only water] + Roasted makhana

9:00 PM Salad/ Soup
1 Millet roti + Palak Dal
[or] Grilled Chicken + 2 Katori Khichadi
[or] 2 Phulka + Methi matar Sabji

11:30 PM 12 Almonds

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 |
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| Exercise  | | | | | | | |
| Water  | | | | | | | |