

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

1/17/2023

Weight: 102 kg

Name: Sarang

Age: 19 Yrs

Height: 180 Cms

### Food Plan Week 12

5:30 AM 1 Fruit

8:00 AM 1 Veg Stuffed Roti (+ Veggies)

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

1:30 PM 2 Phulka  
Sabji

6:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)  
[or] Roasted Makhana

8:00 PM Salad/ Soup  
1.5 Katori Rice + Chole / Paneer Sabji  
[or] 2-3 Idlis + sambar chutney  
[or] 1 Millet roti + Sabji + Dal/ kadi

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 