

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

1/27/2023

Weight: 107.5 kgs

Name: Ansh

Age: 14yrs

Height: 162 cms

Food Plan Week 9

7:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

Breakfast 1.5 katoris Poha/ Upma

Lunch 2 Phulka
Sabji

4:00 PM 2 Bread + Sabji [pav bhaji/sandwich]
[or] 1 Paneer Paratha [min oil]

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

9:00 PM Salad/ Soup
3-4 Idlis + sambar chutney
[or] Murmura + Peanuts + veggies
[or] 4 Slices Pizza (thin crust)

11:30 PM 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

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 