

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

2/1/2023

Weight: 105.5 kgs

Name: Ansh

Age: 14yrs

Height: 162 cms

Food Plan Week 10

7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

Breakfast 1.5 katoris Upma/ 2 Idlis/ 1 Dosa

Lunch 2 Phulka
Sabji

4:00 PM 1 katori Rice + Chole/ Rajma
[or] Murmura + Peanuts + Veggies

6:00 PM 1 Slice/ Cube Cheese
1 Fruit

9:00 PM Salad/ Soup
2 Phulka + Chicken
[or] 3-4 Moongdal Chilla + Palak
[or] 2 Lauki/ methi Paratha + Kadi

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 