

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

2/15/2023

Weight: 105.5 kgs

Name: Ansh

Age: 14yrs

Height: 162 cms

Food Plan Week 11

7:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

Breakfast 1.5 katoris Upma/ Poha

Lunch 2 Phulka
Sabji

4:00 PM 2 Bread + Veggies +1 Slice Cheese
[or] 2 Moongdal chilla + Cucumber

6:00 PM 1 Fruit

9:00 PM Salad/ Soup
1.5 katori Rice + Chicken
[or] 3-4 Slices Pizza [Paneer/ Chicken]
[or] 2 Phulka + Paneer Sabji

11:30 PM 1 Glass Milk

Program Expiry
21-02-23

Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.

