Sneha Fafat, Registered Dietician #63/08

MSc Food Science & Nutrition sneha_fafat@yahoo.co.in +91 9890601345 **Ex-Diet Consultant**

Lilavati Hospital, Mumbai Bombay Hospital, Mumbai

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.









Sneha Fafat www.snehafafat.com

Activity and Food Tracker



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	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise							
Water							