

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

2/28/2023

Weight: 105.5 kgs

Name: Ansh

Age: 14yrs

Height: 162 cms

### Food Plan Week 12

7:00 AM	2 Eggs + veggies [or] 2 fruits
8.30am	12 Almonds
Lunch	Salad + Sprouts + Curd 2 Phulka Sabji
4:30 PM	4 Anjir (Eat Half At A Time, Chew Well)
6:30 PM	Pop-corn [or] Roasted Makhana
9:00 PM	Salad/ Soup 2 Uttapam + sambar Chutney [or] Grilled Chicken + Saute veggies [or] 2 Phulka + Palak Paneer Sabji
11:30 PM	1 Fruit

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 