

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

3/10/2023

Weight: 105.5 kgs

Name: Ansh

Age: 14yrs

Height: 162 cms

### Food Plan Week 13

7:00 AM	Roasted Makhana [or] 1 Katori Peanuts [Roasted/ Boiled]
8.30am	4-5 Dates
Lunch	Salad 2 Phulka Sabji Dal/ Kadi/ Paneer
4:30 PM	Buttermilk wit tadka
6:30 PM	Open Sandwich [1 Wheat Bread Slice + Veggies + Chutney + Cheese]
9:00 PM	Salad/ Soup 2 Phulka + Sabji + Grilled Chicken [Roll] (Try Homemade) [or] Chat [1 Katori BoiledChana +Veggies + Green Chutney] + 6pcPani Puri [or] 2 Katori Palak Khichadi + Kadi
11:30 PM	1 Egg / 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

SEE HOW YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 