

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

3/27/2023

Weight: 107.5 kgs

Name: Ansh

Age: 14yrs

Height: 162 cms

Food Plan Week 14

7:00 AM Roasted/ Boiled Chana + veggies [or] 1.5 Katori Upma

8.30am 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

Lunch Salad
2 Phulka
Chole/ Rajma/ Paneer

4:30 PM 4 Anjir (Eat Half At A Time, Chew Well)

6:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
[or] Pop-corn

9:00 PM Salad/ Soup
1 Katori Rice + Chicken
[or] 1 Katori Rajma/ Chole + Veggies + Curd
[or] 2-3 Moongdal Chilla + Lauki

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 