

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

4/12/2023

Weight: 107.5 kgs

Name: Ansh

Age: 14yrs

Height: 162 cms

Food Plan Week 15

Pre-workout 5 Cashewnuts (Eat One At A Time, Chew Well)

10:00 AM 1 Veg Stuffed Roti (+ Veggies)

12:00 PM 1 Egg/ Buttermilk

Lunch Salad
2 Phulka
Sabji
Dal/ Kadi

6:30 PM 1 katori Chana/ Peanuts + Veggies

9:00 PM Salad/ Soup
Grilled Chicken + 1 Phulka + Sabji [roll]
[or] 1 Katori Noodles + Saute veggies + 1 Egg
[or] Grilled Falafel - 2 + 1 Katori Hummus

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

SEE HOW YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 