

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

28-04-23

Weight: 107.5 kgs Name: Ansh Age: 14yrs Height: 162 cms

Food Plan Week 16

Pre-workout Coconut water

10:00 AM 1.5 katoris Poha/ Upma

12:00 PM 1 fruit - any

Lunch Salad
2 Phulka / 1.5 Katori Rice
Chole/ Rajma/ Paneer Sabji

6:30 PM 40-50g Grilled Paneer / Chicken + Saute Veggies

9:00 PM Salad/ Soup
2 Palak/ Mooli Roti + Kadi
[or] 2 Phulkas + Chicken + Veggies [in a roll]
[or] 3-4 Idlis + sambar chutney

11:30 PM 8pcs Walnuts

Program Expiry
21-02-23

Note

- A) Refer General Guidelines.
- B) 1 Free Meal In the Week is Allowed.

