

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

2/27/2021

Weight: 70.9 kg

Name: Komal

Age: 31 Yrs

Height: 157 Cms

### Food Plan Week 5

9:30 AM 1.5 katoris Poha/ Upma

12:00 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

2:30 PM Salad + Sprouts + Curd  
2 Phulka  
Sabji

5:30 PM Bhel [or] 1 Fruit + 1 Cube Cheese

8:30 PM Soup/ Salad  
2 Phulka + Sabji + Dal/ Kadi  
[or] 2-3 Moongdal Chilla + Lauki  
[or] 1 Katori Rice + Chicken

10:00 PM 1 Fruit

#### Note

A) Refer general Instructions.

B) 1 Free Meal In the Week is Allowed.

C) Your program Expires on 23 June 18





Sneha Fafat

www.snehafafat.com

# Activity and Food Tracker

SEE HOW YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 							
Others							