

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

3/26/2022

Weight: 65 kg Name: Shruti

Age: 27 yrs

Height: 155cms

### Food Plan Week 3

8:00 AM Nil

9:30 AM 1.5 Katori Sprouts/ 2 Moongdal Chilla

11:30 AM 1 Egg

2:00 PM Salad + Curd  
1 Phulka  
Chole/ Paneer (50g) With Mix veg

5:00 PM Saute Peas with onion [or] 1 Mango

8:00 PM Salad/ Veg Soup  
3 Slices Pizza  
[or] 2 Multi grain Bread + Veggies [sandwich/ pav bhaji]  
[or] Grilled Chicken [250g] + Saute veggies

11:30 PM 4 Anjir (Eat Half At A Time, Chew Well) [or] 1 Scoop Ice cream (once)

Program Expiry  
10-06-22

#### Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.




Sneha Fafat

[www.snehafafat.com](http://www.snehafafat.com)

## Activity and Food Tracker

SEE HOW  
YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 							