

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

3/29/2022

Weight: 103.2 kg Name: Priyanka

Age: 37 y

Height: 160 cm

Food Plan Week 2

8:00 AM 1 Coconut water

9:30 AM 1.5 katoris Sprouts/ 1 Dosa

11:30 AM Dal Water

2:00 PM Salad
1 Katori Rice / 3 Idlis
Sambar/ Veg Curry

5:00 PM Roasted Makhana/ Pop-corn

8:00 PM Salad/ Soup/ Rasam
2 Phulka + Paneer Sabji
[or] 2- 3 Moongdal Chilla + lauki/ cucumber
[or] 2 bread + veggies [Pav bhaji/ Sandwich]

10:30 PM 1 Glass Milk (if needed)

Program Expiry
21-06-22

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 							