

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

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2/27/2021

Weight: 70 kg

Name: Komal

Age: 31 Yrs

Height: 157 Cms

### Food Plan Week 6

9:30 AM 1.5 katori Sprouts/ 2 Eggs  
+ Veggies

12:00 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:30 PM Salad  
2 Phulka  
Sabji  
Dal/ Kadi

5:30 PM Low Sugar Yogurt [or] 1 katori Boiled Chana + Veggies

8:30 PM Soup/ Salad  
2 Veg Stuffed Roti [Palak/methi]  
[or] 2-3 Idli + Sambar chutney  
[or] Grilled Chicken + 2 bread + Veggies

10:00 PM 20g Raisin (Eat One At A Time, Chew Well)

### 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							