

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

4/5/2022

Weight:102.8kg Name: Priyanka

Age: 37 y

Height: 160 cm

Food Plan Week 3

8:00 AM 1 Banana (take Small bites, chew well)

9:30 AM 1.5 katoris Poha/ Upma

11:30 AM Buttermilk

2:00 PM Salad
1 katori Sprouts/ Corn
+ Veggies
+ Curd/ Cheese

5:00 PM 4 Pcs Paneer Grilled [or] Roasted Makhana

8:00 PM Salad/ Soup/ Rasam
2 Stuffed Roti [Palak/ Methi] + Kadi
[or] 2 Katori Mix veg Khichadi

10:30 PM 1 Fruit

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 							