

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

10-04-22

Weight: 65.5kg

Name: Namrata

Age: 40Y

Height: 157 cms

### Food Plan Week 1

7:00 AM 8 Pcs. Walnuts + 10 Pista (Eat One At A Time, Chew Well)

9:30 AM 1.5 katoris Upma/ 1 Dosa

11:30 AM Buttermilk

2:00 PM Salad  
2 Phulka  
Sabji  
Dal

5:00 PM 2 Eggs + Veggies [or] 1 Katori peanuts + Veggies

8:00 PM 2 Veg Stuffed Roti (palak/ Cauliflower/Lauki) + Kadi  
[or] 2-3 Idlis + sambar chutney

Program Expiry  
2-07-22

### 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 