

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

13-04-22

Weight:102.2kg

Name: Priyanka

Age: 37 y

Height: 160 cm

Food Plan Week 4

8:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water,eat sauf also)

9:30 AM 1 katori Chana/ Peanuts + Veggies

11:30 AM Dal Water

2:00 PM Salad
1 katori Rice/ 1 Phulka
Sabji
Dal/ Sambar

5:00 PM 2 Fruits

8:00 PM Salad/ Soup/ Rasam
2 Moongdal Chilla + lauki/ cucumber
[or] 3 Idlis + Sambar Chutney
[or] 3 Slices Pizza

10:30 PM 1 Glass Milk

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 