

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

4/16/2022

Weight: 65.1kg

Name: Namrata

Age: 40Y

Height: 157 cms

Food Plan Week 2

7:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

9:30 AM 1 Katori Sprouts/2 Eggs + Veggies

11:30 AM Dal water

2:00 PM Salad + Curd + Peanuts
1 Phulka
Sabji

5:00 PM Murmura (+ Veggies + Green Chutney)

8:00 PM 1 Phulka + Paneer Sabji
[or] 2 Katori palak khichadi
[or] 2 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

Activity and Food Tracker

SEE HOW
YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 							