

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: 64.2 kg Name: Shruti

Age: 27 yrs

Height: 155cms

Food Plan Week 5

8:00 AM Nil

9:30 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/ Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

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

5:00 PM Saute Peas with onion [or] 2 Eggs + Veggies

8:00 PM Salad/ Veg Soup
1 Phulka + Paneer Sabji
[or] Grilled Chicken [200g] + Saute Veggies
[or] 1 katori Boiled Pasta + Saute veggies

11:30 PM 1 Fruit

Program Expiry
10-06-22

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 