

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

4/21/2022

Weight:102.1kg Name: Priyanka Age: 37 y Height: 160 cm

Food Plan Week 5

8:00 AM 1 Coconut water

9:30 AM 1.5 katori Upma/ 1 Uttapam + veggies

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

2:00 PM Salad
1 Phulka + Sabji
[or] 1.5 Katori Curd Rice

5:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM Salad/ Soup/ Rasam
1 Katori Rice + Chole/ Sambar
[or] 1 Stuffed Roti [palak/methi]
[or] 3-4 Grilled Vegetable Tikki with aloo

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

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Activity and Food Tracker

SEE HOW
YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 							