

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

4/22/2022

Weight: 64.8 kg

Name: Namrata

Age: 40Y

Height: 157 cms

Food Plan Week 3

7:00 AM 1 Glass Milk + 1 tbsp chia seeds

9:30 AM 1 katori Chana/ Peanuts + Veggies

11:30 AM Buttermilk

2:00 PM Salad
1 Millet roti
Sabji
Dal/ Kadi

5:00 PM Sprouts Salad (1 Katori Sprouts + veggies)
Semi-cooked/ Steamed

8:00 PM Veg Soup/ Salad
1 Katori Corn + 1 Cube Cheese + Saute Veggies
[or] 2 Wheat Bread + Sabji [Pav Bhaji/ Sandwich]
[or] 2 Missi roti [methi/ corainder leaves + 50% besan]

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 							