

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 kg Name: Shruti

Age: 27 yrs

Height: 155cms

### Food Plan Week 6

9:30 AM Veggies + 2 Tbsp Peanuts + 1 tbsp Grated Coconut  
+ 2-3 tsp Sprouted Methi seeds

11:30 AM 1 Glass Buttermilk [+ Coriander/Pudina]

2:00 PM Salad  
1 Phulka  
Sabji  
Dal/ Kadi

5:00 PM Pop-corn/ Roasted Makhana

8:00 PM Salad/ Veg Soup  
2 Katori Mix Veg khichadi  
[or] Soup with Chopped Veggies & boiled chicken pieces

11:30 PM 1 Glass Milk

Program Expiry  
10-06-22

### Note

- A) Refer General Guidelines.
- B) 1 Free Meal In the Week is Allowed.




Sneha Fafat

[www.snehafafat.com](http://www.snehafafat.com)

## Activity and Food Tracker

SEE HOW  
YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 