

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

4/29/2022

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

### Food Plan Week 6

8:00 AM 1 Fruit

9:30 AM 1.5 Katori Sprouts/ 2 Moongdal Chilla

11:30 AM Buttermilk

2:00 PM Salad  
1 Phulka/Millet roti  
Sabji  
Dal/ kadi

5:00 PM Pop-corn/ Roasted Chana

8:00 PM Salad/ Soup/ Rasam  
2-3 Idlis + sambar chutney  
[or] 2 katori Palak Khichadi  
[or] 3 Slices Pizza

10:30 PM 1 Cup Milk

Program Expiry  
21-06-22

### 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 							