

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

4/30/2022

Weight: 64.2 kg

Name: Namrata

Age: 40Y

Height: 157 cms

### Food Plan Week 4

7:00 AM Coconut water

9:30 AM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

11:30 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

2:00 PM Salad  
1 Katori Corn/ Sprouts  
+ Veggies  
+ 40g Paneer/ Cheese

5:00 PM Saute veggies + Tomato Basil Sauce/ Palak Gravy

8:00 PM 1 Phulka + Sabji  
[or] 2 Moongdal Chilla + Lauki

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 