

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

5/1/2022

Weight: 64 kg Name: Shruti

Age: 27 yrs

Height: 155cms

### Food Plan Week 7

- 9:30 AM 2 Fruits + 3 tsp Black Til seeds
- 11:30 AM 4 Dates (Eat Half At A Time, Chew Well)
- 2:00 PM Salad + sprouts + curd  
1 Phulka  
Sabji
- 5:00 PM 1 Glass Milk + 1 tbsp chia seeds
- 8:00 PM Salad/ Veg Soup  
Grilled Chicken + Saute Veggies  
[or] 2 Katori Palak Khichadi  
[or] 3 Slices Pizza
- 11:30 PM 20g Raisin (Eat One At A Time, Chew Well)

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 