

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

7/9/2022

Weight: 61 kg Name: Payal

Age: 26 yrs

Height: 162 cms

Food Plan Week 1

7:00 AM 1 Fruit

9:00 AM 1.5 Katori Sprouts/ 2 Moongdal Chilla

11:30 AM 1 Coconut water

2:00 PM Salad
2 Phulka
Sabji
Dal/ 4-5 Pcs Paneer

5:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM Salad/ Soup
1.5 Katori Rice + Palak Dal
[or] 5-6 pcs Dhokla
[or] 2-3 Idlis + Sambar chutney

10:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

Program Expiry
15-09-22

Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.



Sneha Fafat

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Activity and Food Tracker

SEE HOW
YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 							