

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

7/21/2022

Weight: 61 kg Name: Payal

Age: 26 yrs

Height: 162 cms

### Food Plan Week 3

7:00 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

9:00 AM 1.5 katoris Upma/ 1 Dosa

11:30 AM Ginger juice + Honey (each 1 tsp) can have with water

2:00 PM Salad + Sprouts + Curd  
1 Phulka  
Sabji

5:00 PM 1 Slice/ Cube Cheese  
1 Fruit

8:00 PM Salad/ Soup  
2 Moongdal Chilla + lauki  
[or] 5-6 Pcs Grilled Paneer + Saute Veggies  
[or] 1 veg Stuffed Roti [+coriander/palak/methi]

10:30 PM 3 tsp black til seeds

Program Expiry  
15-09-22

### 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 							