

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

7/29/2022

Weight: 60 kg Name: Payal

Age: 26 yrs

Height: 162 cms

Food Plan Week 4

7:00 AM 1 Tsp Methi Seeds (soaked)

9:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:30 AM 1 Glass Water + 1 tbsp chia seeds

2:00 PM Salad
1 Phulka
Sabji
Dal/ Besan

5:00 PM 1 Katori Peanuts/ Chana + veggies

8:00 PM Salad/ Soup
2 Katori veg Khichadi
[or] 1 Millet roti + Sabji + Kadi
[or] 2 Oats Chilla + veggies

10:30 PM 1 Fruit

Program Expiry
15-09-22

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 							