

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

30-07-22

Weight: 69.4 kg

Name: Neha

Age: 36Yrs

Height: 147 Cms

Food Plan Week 6

8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:30 AM 1.5 Katori Sprouts/ 2 Moongdal Chilla

11:30 AM Buttermilk

2:00 PM Salad
2 Phulka
Sabji
Dal/ Kadi

5:30 PM Pop-corn [or] Roasted Makhana

8:30 PM Salad/ Soup
2 Phulka + Paneer sabji
[or] 2 Katori Veg Khichadi
[or] 3 Slices Pizza

Program Expiry
13-09-22

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 