

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

8/7/2022

Weight: 70 kg

Name: Neha

Age: 36Yrs

Height: 147 Cms

### Food Plan Week 7

8:00 AM 1 Coconut water

9:30 AM 1.5 katoris Upma/ 1 Dosa

11:30 AM Dal Water

2:00 PM Salad + 2 tsp Flax seeds  
1 Millet roti  
Sabji  
Dal/ Kadi

5:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM Salad/ Soup  
2 -3 Idlis + sambar chutney  
[or] 2 Oats Chilla [+ besan] + Veggies  
[or] 1 Katori Boiled Noodles + Saute veggies (can also have like a soup)

Program Expiry  
13-09-22

### 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 