

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: 59.4 kg Name: Payal

Age: 26 yrs

Height: 162 cms

Food Plan Week 5

7:00 AM 1 Fruit

9:00 AM 1/2 Katori Sprouts + Curd + Veggies
[can add tadka]

11:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:00 PM Salad
1 Phulka
Sabji [paneer/ rajma/ chole]

5:00 PM 1 Fruit + 1 Slice Cheese

8:00 PM Salad/ Soup
2-3 Idlis + sambar chutney
[or] 2 Moongdal Chilla + Lauki
[or] 1.5 Katori Veg Daliya

10:30 PM 1 Cup Milk

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 							