

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

8/24/2022

Weight: 59 Kg

Name: Rashmi

Age: 44 yrs

Height: 160 cms

Food Plan Week 1

8:15 AM 4 Anjir (Eat Half At A Time, Chew Well)

9:30 AM 1.5 katoris Upma/ 1 Dosa

11:30 AM Buttermilk

2:30 PM Salad
2 Phulka
Sabji
Dal/ Kadi

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

8:30 PM Salad/ Soup
2 Katori Veg Khichadi + Kadi
[or] 2-3 Idlis + Sambar Chutney
[or] Grilled Chicken + 1 Phulka + Sabji

Program Expiry
21-11-22

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 							