

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: 75 kgs

Name: Mili

Age: 43 yrs

Height: 167 cms

### Food Plan Week 1

6:30 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

8:30 AM 1.5 Katori Sprouts/ 2 Moongdal Chilla  
+ veggies

11:00 AM 1 Fruit

1:00 PM Salad  
2 Phulka  
Sabji  
Dal/ Kadi

4:00 PM 4 Anjir (Eat Half At A Time, Chew Well)

6:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)  
[or] 1 Fruit + 1 Cheese slices

8:00 PM Salad/ Soup  
2 Veg Stuffed Roti + kadi  
[or] 2 Moongdal chilla + lauki  
[or] 2 Katori veg khichadi + kadi

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 