

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

8/27/2022

Weight: 59 kg Name: Payal

Age: 26 yrs

Height: 162 cms

Food Plan Week 6

7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:00 AM 1.5 Katori Sprouts/ 2 Moongdal Chilla

11:30 AM 2 Anjir (Eat Half At A Time, Chew Well)

2:00 PM Salad + 1 Tsp black til seeds
1 Phulka
Sabji
Dal

5:00 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:00 PM Salad/ Soup
1 Millet roti + Sabji + Dal
[or] 2 Katori palak khichadi
[or] 2 bread + Veggies [Pavbhaji/ Sandwich]

10:30 PM 1 Fruit

Program Expiry
15-09-22

Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.



Sneha Fafat

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Activity and Food Tracker

SEE HOW YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 							