

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

8/29/2022

Weight: 70 kg

Name: Neha

Age: 36Yrs

Height: 147 Cms

Food Plan Week 8

8:00 AM 1 Tsp Methi Seeds (soaked)

9:30 AM 1 katori Chana/ Peanuts + Veggies

11:30 AM 4 Anjir (Eat Half At A Time, Chew Well)

2:00 PM Salad
1 Phulka
Sabji
Dal/ Kadi

5:30 PM 1 Glass Milk (No Sugar)
Fruit

8:30 PM Salad/ Soup
1 Onion thaliph/ roti + chutney
[or] 2 Katori khichadi with Palak
[or] 3 Slices Pizza

Program Expiry
13-09-22

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 