

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

9/1/2022

Weight: 76.3 kgs

Name: Mili

Age: 43 yrs

Height: 167 cms

Food Plan Week 2

6:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

8:30 AM 1.5 katoris Upma/ 1 Dosa

11:00 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

1:00 PM Salad
2 Phulka/ 1 Millet roti
Sabji
Dal/ Kadi

4:00 PM 1 Coconut water

6:00 PM Pop-corn/ Roasted Makhana

8:00 PM Salad/ Soup
1 Katori Boiled Rajma + Saute Veggies + Curd
[or] 2 Idlis + Sambar Chutney
[or] 1 Katori Rice + Chole/ Dal

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 |
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| Exercise  | | | | | | | |
| Water  | | | | | | | |