

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

9/3/2022

Weight: 59 kg Name: Payal

Age: 26 yrs

Height: 162 cms

Food Plan Week 7

9:00 AM Nil

11:30 AM Salad
2 Phulka
Sabji
Dal/ Rajma/ Chole

4:00 PM Roasted Makhana

7:00 PM 2 Katori Veg Bhagar
[or] 2-3 Peanut Laddu [min Jaggery]
[or] Paneer with Saute veggies

10:30 PM Nil

Program Expiry
15-09-22

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 