

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

9/6/2022

Weight: 86 kg

Name: Prerna

Age: 36 Y

Height: 150 cms

Food Plan Week 4

7:00 AM 1 Fruit

9:00 AM 1.5 Katori Sprouts/ 2 Moongdal Chilla

12:00 PM Salad
2 Phulka
Sabji
Dal

4:00 PM Roasted Makhana

8:00 PM Salad/ Soup
2-3 Moongdal Chilla + Veggies
[or] 1 Katori Rice + Chole
[or] 2 Katori Khichadi

10:30 PM 1 Fruit

Program Expiry
21-04-22

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  | | | | | | | |