

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

9/7/2022

Weight: 75.7 kgs

Name: Mili

Age: 43 yrs

Height: 167 cms

Food Plan Week 3

6:30 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

8:30 AM 1.5 Katori Sprouts/ 2 Moongdal Chilla

11:00 AM Buttermilk

1:00 PM Salad
1 Katori Rice
Chole/ Rajma/ Palak Dal

4:00 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

6:00 PM 1 Fruit
1 Glass Milk

8:00 PM Salad/ Soup
3 Slices Pizza
[or] 1 Millet roti + Palak Dal
[or] 2 katori Veg Daliya + Kadi

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
Exercise 							
Water 