

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: 59 Kg

Name: Rashmi

Age: 44 yrs

Height: 160 cms

### Food Plan Week 2

8:15 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:30 AM 1.5 Katori Sprouts/ 2 Moongdal Chilla

11:30 AM Dal Water with tadka

2:30 PM Salad  
2 Phulka/ 3 Idlis  
Sabji  
Dal/ Sambar chutney

5:30 PM 1 Glass Milk + 1 tbsp chia seeds

8:30 PM Salad/ Soup  
2 Katori Veg Daliya + Kadi  
[or] 1 katori Rice + Chicken  
[or] 1 Millet Roti + Palak 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
Exercise 							
Water 