

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

9/11/2022

Weight: 70 kg

Name: Neha

Age: 36Yrs

Height: 147 Cms

Food Plan Week 9

8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:30 AM 200ml Curd/ Milk + 1 Tbsp Chia seeds

11:30 AM 1 Fruit

2:00 PM Salad
2 Moongdal Chilla + Veggies
[or] 60g Grilled Paneer + Saute Veggies

5:30 PM 1 Slice Cheese + Veggies + herbs [microwave for 2 min]

8:30 PM Salad/ Soup
2-3 Idlis + Sambar chutney
[or] 1 Katori Rajma + Saute Veggies + Curd
[or] 1 katori peanuts + Veggies + Murmura Bhel

Program Expiry
13-09-22

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 