

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

9/14/2022

Weight: 75.7 kgs

Name: Mili

Age: 43 yrs

Height: 167 cms

### Food Plan Week 4

6:30 AM Ginger juice + Honey (each 1 tsp)

8:30 AM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

11:00 AM 1 Coconut water

1:00 PM Salad  
2 Phulka  
Sabji [ Rajma/ Chole/ Paneer]

4:00 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

6:00 PM Pop-Corn [or] Roasted Makhana

8:00 PM Salad/ Soup  
2 Katori Palak Khichadi  
[or] 2-3 Moongdal Chilla + Lauki  
[or] 2 bread + Sabji [Sandwich/pavbhaji]

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 