

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: 58.4 Kg

Name: Rashmi

Age: 44 yrs

Height: 160 cms

Food Plan Week 3

8:15 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

9:30 AM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

11:30 AM 1 Coconut water

2:30 PM Salad
2 Phulka
Sabji [Paneer/ Chole/ Rajma]

5:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

8:30 PM Salad/ Soup
Grilled Chicken + Veggies
[or] 2 Katori Veg Khichadi
[or] 1 Millet roti + Sabji + 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 