

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

9/19/2022

Weight: 57.5 kg

Name: Payal

Age: 26 yrs

Height: 162 cms

Food Plan Week 8

9:00 AM 1.5 Katori Sprouts/ 2 Moongdal Chilla

12:00 PM Salad
1 Millet roti
Sabji
Dal/ Kadi

3:30 PM 4 Anjir (Eat Half At A Time, Chew Well)

6:00 PM Roasted Makhana [or] Chana

8:00 PM 2-3 Moongdal Chilla + lauki
[or] 2 aktori Palak Khichadi
[or] 1 Phulka + Paneer sabji

10:30 PM 1 Cup Milk

Program Expiry
15-09-22

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 