

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

9/20/2022

Weight: 58.4 Kg

Name: Rashmi

Age: 44 yrs

Height: 160 cms

Food Plan Week 4

8:15 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:30 AM 1.5 Katori Upma/ 1 Uttpam
Sambar chutney

11:30 AM 1 Fruit

2:30 PM Salad + Sprouts + curd
1 Phulka
Sabji

5:30 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM Salad/ Soup
2 Veg Stuffed Roti + kadi
[or] 1 Katori Rice + chicken
[or] 2 Idlis + Sambar chutney

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 