

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: 86 kg

Name: Prerna

Age: 36 Y

Height: 150 cms

Food Plan Week 5

7:00 AM 4 Anjir (Eat Half At A Time, Chew Well)

9:00 AM 1.5 katoris Upma/ 2 Idlis

12:00 PM Salad + Sprouts
2 Phulka
Sabji

4:00 PM Peanuts/ Chana

8:00 PM Salad/ Soup
2 Katori Khichadi
[or] 2 Dosa + Chutney

10:30 PM 1 Glass Milk

Program Expiry
21-04-22

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 