

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

9/27/2022

Weight: 57.4 Kg

Name: Rashmi

Age: 44 yrs

Height: 160 cms

Food Plan Week 4

8:15 AM 2 Dates (Eat Half At A Time, Chew Well)

9:30 AM 1 Veg Stuffed Roti (+ Palak/Methi)
[or] 1.5 katori Sprouts + veggies

11:30 AM 1 Coconut water

2:30 PM Salad
1 Phulka/ 1 Katori Rice
Sabji
Dal/ Chole

5:30 PM Roasted makhana [or] Pop-corn

8:30 PM Salad/ Soup
2 Phulka + Paneer Sabji
[or] 1 Katori Rice + Sambar/ Black Dal
[or] 2 Moongdal Chilla + Lauki + Paneer

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 