

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

9/29/2022

Weight: 75.5 kgs

Name: Mili

Age: 43 yrs

Height: 167 cms

### Food Plan Week 6

6:30 AM Nil

8:30 AM Fruit Smoothie / Bowl  
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:00 AM Tulsi tea (boil tulsi leaves in water)

1:00 PM Salad  
1.5 Phulka  
Sabji [Rajma/ Chole/ Paneer]

4:00 PM 1 Fruit

6:00 PM 1 Katori Roasted Chana / Peanuts

8:00 PM Salad/ Soup  
2 Kato Palak Khichadi  
[or] 1 katori Rice + Dal  
[or] 2 Bread + Sabji [Pav bhaji/ Sandwich]

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 |
|---|------|------|------|------|------|------|------|
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| Exercise<br> |      |      |      |      |      |      |      |
| Water<br>    |      |      |      |      |      |      |      |