

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

10/1/2022

Weight: 71 kg

Name: Payal

Age: 28Yrs

Height: 160 Cms

Food Plan Week 6

7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:00 AM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

12:00 PM Salad
2 Phulka
Sabji
Dal/ Buttermilk

3:30 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

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

8:00 PM Salad/ Soup [daily]
2 Phulka + Paneer Sabji
[or] 2 Katori veg Daliya
[or] 2 Oats Chilla + Lauki

Program Expiry
08-11-22

Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.




Sneha Fafat

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Activity and Food Tracker

SEE HOW YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 