

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

10/4/2022

Weight: 56.7 Kg

Name: Rashmi

Age: 44 yrs

Height: 160 cms

Food Plan Week 6

8:15 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:30 AM 1.5 katoris Poha/ 1 Dosa

11:30 AM Buttermilk

2:30 PM Salad + 3 Tsp Black Til seeds
1 Phulka
Sabji [Paneer/ Egg/ Moth]

5:30 PM 1 Glass Milk + 1 tbsp chia seeds

8:30 PM Salad/ Soup
2-3 Idlis + sambar chutney
[or] 2 Oats chilla + Lauki
[or] Grilled Chicken + Saute Veggies

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 