

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: 89.9 kg

Name: Prerna

Age: 36 Y

Height: 150 cms

Food Plan Week 7

7:00 AM Nil

9:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

12:00 PM Salad
2 katori Veg Khichadi/ Daliya
Kadi/ Buttermilk

4:00 PM Roasted Makhana

8:00 PM Salad/ Soup
1 Millet roti + Palak Dal
[or] Grilled Paneer 6-8 Pcs + Saute Veggies

10:30 PM 8 Almonds

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 