

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

10/8/2022

Weight: 74.6 kgs

Name: Mili

Age: 43 yrs

Height: 167 cms

Food Plan Week 7

6:30 AM Nil

8:30 AM 1.5 katoris Poha/ Upma

11:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

1:00 PM Salad + Sprouts + Curd
1 Phulka
Sabji

4:00 PM 1 Glass Buttermilk [+ Coriander/Pudina]

6:00 PM Murmura + ½ Katori Roasted Chana/ Peanuts

8:00 PM Salad/ Soup
2 Katoi Veg Daliya
[or] 1 Phulka + Paneer sabji
[or] 2-3 Moongda Chilla + Lauki

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 