

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

10/11/2022

Weight: 89.9 kg

Name: Prerna

Age: 36 Y

Height: 150 cms

### Food Plan Week 8

9:00 AM 1 Katori Rajma/ Sprouts + veggies

12:00 PM Salad + Curd  
1 Phulka  
Sabji

4:00 PM 30g Coconut (grated or 2" x 2" Piece)  
Coconut Water

8:00 PM Salad/ Soup  
2-3 Moongdal Chilla + Lauki  
[or] 2 Missi Roti + Tomato Chutney

10:30 PM 1 Glass Milk

Program Expiry  
21-04-22

### Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.




Sneha Fafat

[www.snehafafat.com](http://www.snehafafat.com)

## Activity and Food Tracker

SEE HOW  
YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 