

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: 56.2 Kg

Name: Rashmi

Age: 44 yrs

Height: 160 cms

Food Plan Week 7

8:15 AM 1 Fruit

9:30 AM 1Veg Stuffed Roti (+ Veggies) [or] 2 Eggs + veggies

11:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:30 PM 2 Phulka [or] 1 Katori Rice
Sabji [Paneer/ Rajma/ Chole]

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

8:30 PM 2 idlis + Sambar chutney
[or] 2 Methi Thepla + Tomato chutney
[or] 4-5 pcs Dhokla

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 