

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: 71 kg

Name: Payal

Age: 28Yrs

Height: 160 Cms

Food Plan Week 7

7:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

9:00 AM 1 Glass Milk + Chia seeds

12:00 PM Salad
2 Phulka
Sabji [rajma/chole/paneer]

3:30 PM 20g Raisin (Eat One At A Time, Chew Well)

5:30 PM Murmura + Veggies + Peanuts

8:00 PM Salad/ Soup [daily]
2-3 Moongdal Chilla + Lauki
[or] 2 Bread + Sabji [sandwich/Pav bhaji]
[or] 1 Palak Roti + Kadi

Program Expiry
08-11-22

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 