

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

10/15/2022

Weight: 73.8 kgs

Name: Mili

Age: 43 yrs

Height: 167 cms

Food Plan Week 8

8:30 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:00 AM 1 Glass Water + 1 tbsp chia seeds

1:00 PM Salad
1 Palak/ Methi Roti + Kadi
[or] 1 Millet roti + Dal + Sabji

4:00 PM Pani puri Water

6:00 PM Roasted Makhana [or] popcorn
[or] Chocolate pastry (once)

8:00 PM Salad/ Soup
5-6 Pcs Dhokla
[or] 3 Slices Pizza
[or] 1 Katori Rice + Chole

Program Expiry
21-11-22

Note

- A) Refer General Guidelines.
- B) 1 Free Meal In the Week is Allowed.



Sneha Fafat

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Activity and Food Tracker

SEE HOW
YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 							