

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

10/17/2022

Weight: 89.9 kg

Name: Prerna

Age: 36 Y

Height: 150 cms

Food Plan Week 9

9:00 AM 200ml Curd/ Milk + 1 Tbsp Chia seeds

12:00 PM Salad
1 Phulka
Sabji
Dal/Rajma

4:00 PM 1 Katori Chana or Peanuts
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]

8:00 PM Salad/ Soup
2 katori Khichadi with veggies
[or] 2-3 Idlis + Sambar Chutney
[or] 1 Katori Rice + Palak Dal

10:30 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

Program Expiry
21-04-22

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 