

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

10/18/2022

Weight: 56 Kg

Name: Rashmi

Age: 44 yrs

Height: 160 cms

### Food Plan Week 8

8:15 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:30 AM Fruit Smoothie / Bowl  
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:30 AM 2 tsp roasted Sauf

2:30 PM 1 Phulka  
Sabji  
Salad + Sprouts + Curd

5:30 PM Coconut water + 5 Cashewnuts

8:30 PM Soup/ Salad  
2 Oats Chilla + Lauki/ Palak  
[or] 1 Phulka + Paneer sabji  
[or] 2 Bread + veggies [Pav bhaji/ Sandwich]

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 							