

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: 71 kg

Name: Payal

Age: 28Yrs

Height: 160 Cms

Food Plan Week 8

7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:00 AM 1.5 katoris Upma/ 1 Dosa

12:00 PM Salad + Curd
2 Phulka
Sabji

3:30 PM Dal Water with tadka

5:30 PM 1 Katori roasted Chana/ Peanuts

8:00 PM Salad/ Soup [daily]
1 Millet roti + Palak Dal
[or] 2 Oats Chilla + Lauki + Onion
[or] 2 Katori Khichadi with veggies

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 