

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

22-10-22

Weight: 73 kgs

Name: Mili

Age: 43 yrs

Height: 167 cms

Food Plan Week 9

8:30 AM 1.5 katoris Upma/ 1 Dosa

11:00 AM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

1:00 PM Salad
1 Phulka
Sabji
Dal/ kadi

4:00 PM 2 Dates (Eat Half At A Time, Chew Well)

6:00 PM 1 Katori Peanuts/ Chana (roasted or boiled)

8:00 PM Salad/ Soup
2 katori Palak Khichadi
[or] 2 Moongdal Chilla + Lauki
[or] 1 Phulka + Paneer Sabji

Program Expiry
21-11-22

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 