

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

25-10-22

Weight: 89.9 kg

Name: Prerna

Age: 36 Y

Height: 150 cms

Food Plan Week 10

9:00 AM 1 Fruit + 10 Pcs Walnuts

12:00 PM Salad
2 Phulka / 2 Multi Gain Bread
Sabji
Cheese/ Paneer

4:00 PM Roasted makhana/ Chana

8:00 PM Salad/ Soup
2-3 Moongdla Chilla + Lauki
[or] 2 Millet roti + Sabji + Kadi
[or] 2 Missi Roti (methi/ coriander leaves + 50% besan)

10:30 PM 4 Dates

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 