

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: 56 Kg

Name: Rashmi

Age: 44 yrs

Height: 160 cms

### Food Plan Week 9

8:15 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

9:30 AM 1.5 Katori Sprouts/ 2 Moongdal Chilla

11:30 AM 1 Fruit

2:30 PM Salad  
1 Millet roti  
Sabji  
Dal/ Kadi

5:30 PM 1 Fruit +10 Almonds

8:30 PM Soup/ Salad  
2 katori palak Khichadi  
[or] 1 Phulka + Paneer Sabji  
[or] 1 Missi Roti (methi/ coriander leaves + 50% besan) + Kadi

Program Expiry  
21-11-22

### Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.




Sneha Fafat

[www.snehafafat.com](http://www.snehafafat.com)

## Activity and Food Tracker

SEE HOW  
YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 