

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: 71 kg

Name: Payal

Age: 28Yrs

Height: 160 Cms

Food Plan Week 9

7:00 AM Tulsi tea (boil tulsi leaves in water)

9:00 AM 2 Fruits

12:00 PM Salad
1 Millet roti
Sabji
Dal/ Kadi

3:30 PM 4 Anjir (Eat Half At A Time, Chew Well)

5:30 PM 1 Katori Sprouts + Tadka + veggies

8:00 PM Salad/ Soup [daily]
1 Phulka + Paneer Sabji
[or] 3 Slices Pizza
[or] 2 Bread + Sabji [Sandwich/pav bhaji]

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 