

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: 73kgs

Name: Mili

Age: 43 yrs

Height: 167 cms

Food Plan Week 10

8:30 AM 1 katori Chana/ Peanuts + Veggies

11:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

1:00 PM Salad + Sprouts + Curd
1 Phulka
Sabji

4:00 PM 1 Coconut water

6:00 PM Saute Peas / Roasted Makhana

8:00 PM Salad/ Soup
1 Katori Corn + Cheese + veggies
[or] 1 Veg Stuffed Roti [Palak/methi/gobi] + kadi
[or] 3 Slices Pizza

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 