

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

11/2/2022

Weight: 62 kg

Name: Namrata

Age: 41Y

Height: 157 cms

Food Plan Week 1

8:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

10:00 AM 1.5 katoris Poha/ Upma

12:00 PM 1 Coconut water

2:00 PM Salad
1 Phulka
Sabji
Dal/ Kadi

5:00 PM 1 Fruit
1 handful peanuts

8:00 PM 2 Katori Palak Khichadi
[or] 2-3 Idli + Sambar Chutney

Program Expiry
25-01-23

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 