

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

11/6/2022

Weight: 73.3 kg

Name: Mili

Age: 43 yrs

Height: 167 cms

Food Plan Week 11

8:30 AM 1 Glass Milk + 1 Fruit

11:00 AM 30g Coconut (grated or 2" x 2" Piece)

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

4:00 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

6:00 PM Murmura + veggies
+ Buttermilk

8:00 PM 1 Katori Palak Khichadi + Kadi
[or] 1 Phulka + Paneer sabji
[or] 6 pcs Pani Puri + Salad [once]

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 							