

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

11/7/2022

Weight: 89.9 kg

Name: Prerna

Age: 36 Y

Height: 150 cms

### Food Plan Week 11

9:00 AM 1 Katori Chana/ Peanuts + Veggies

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

4:00 PM 1 Glass Milk + 1 tbsp Chia seeds  
[or] Roasted Makhana

8:00 PM Salad/ Soup  
2-3 Idlis + Sambar Chutney  
[or] Murmura + Peanuts/Sprouts + Veggies  
[or] 2 Palak Roti + Kadi

10:30 PM 1 Fruit

Program Expiry  
21-04-22

#### 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 