

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

11/9/2022

Weight: 60.5 kg

Name: Namrata

Age: 41Y

Height: 157 cms

### Food Plan Week 2

8:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

10:00 AM 1.5 katoris Upma/ 2 Idlis/ 1 Dosa

12:00 PM Dal Water

2:00 PM Salad  
1 Phulka [or] 3/4 Katori Rice  
Sabji [Paneer/rajma/chole]

5:00 PM Pop-corn/ 1 Katori Roasted Chana

8:00 PM 2-3 Moongdal Chilla + Lauki  
[or] 3 Slices Pizza + Salad  
[or] 1 Millet roti + Palak Dal

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 