

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: 56 Kg

Name: Rashmi

Age: 44 yrs

Height: 160 cms

### Food Plan Week 10

8:15 AM 1 Tsp Methi Seeds (soaked)

9:30 AM Fruit Smoothie / Bowl  
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:30 AM 1 Coconut water

2:30 PM Salad  
1 Phulka  
Sabji  
Curd / Mix Dal

5:30 PM Roasted Makhana / Pop-corn

8:30 PM Soup/ Salad  
2 Idlis + sambar chutney  
[or] 2 Moongdal Chilla + Lauki  
[or] 1 Phulka + Paneer Sabji

Program Expiry  
21-11-22

### Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.



Sneha Fafat

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# Activity and Food Tracker

SEE HOW YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 							