

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: 71 kg

Name: Payal

Age: 28Yrs

Height: 160 Cms

Food Plan Week 10

7:00 AM Ginger juice + Honey (each 1 tsp)

9:00 AM 1 katori Chana/ Peanuts + Veggies

12:00 PM Salad
1 Phulka
Sabji [Paneer/ Rajma/ Chole]

3:30 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

5:30 PM Roasted makhana/ 1 katori Corn

8:00 PM Salad/ Soup [daily]
2-3 Idlis + sambar chutney
[or] 1.5 Katori Palak Khichadi
[or] 1 onion roti + Chutney

Program Expiry
08-11-22

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 