

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

11/10/2022

Weight: 86.9 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Food Plan Week 6

Night 9pm to afternoon 1 Pm	Lemon water [or] Mint water [or] sauf water [or] Cinnamon water [or] Green Tea
2:00 PM	Salad 2 Phulka Sabji Dal/ Buttermilk
5:00 PM	1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer) No sugar/ jaggery to be added
7:00 PM	Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
9:30 PM	2 Moongdal Chilla + Lauki 1.5 Katori Rice + Chole/ Rajma + Chicken
Tues n Thurs Dinner	Grilled Chicken + Saute Veggies [or] 1 Phulka + Sabji + 1 katori Rice + Chole

Program Expiry
21-08-20

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 