

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: 72.1 kg

Name: Trisha

Age: 31Yrs

Height: 143Cms

### Food Plan Week 6

8:30 AM 1.5 katoris Upma/ 1 Dosa

10:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

12:45 PM Salad  
1 Phulka  
Sabji  
Dal/ Buttermilk

3:30 PM 4 Anjir (Eat Half At A Time, Chew Well)

6:15 PM Coconut water/veg Soup

9:00 PM 2 Moongdal Chilla + Lauki  
1 Millet roti + Palak Dal  
1 Katori Rice + Chole/ Rajma

Program Expiry  
21-08-20

### Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.




Sneha Fafat

[www.snehafafat.com](http://www.snehafafat.com)

## Activity and Food Tracker

SEE HOW  
YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 