

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

11/13/2022

Weight: 72.8 kg

Name: Mili

Age: 43 yrs

Height: 167 cms

### Food Plan Week 12

8:30 AM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

11:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:00 PM Salad  
1 Phulka  
Sabji  
Buttermilk/Palak Dal

4:00 PM 10 Pistachionuts (Eat One At A Time, Chew Well)

6:00 PM 1 Slice/ Cube Cheese  
1 Fruit

8:00 PM Chana Chat [1 Katori Chana + veggies + Chutney] + Murrura  
[or] 1 Phulka Roll + Saute veggies + Paneer  
[or] 2-3 Idlis + sambar chutney

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 							