

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

11/14/2022

Weight: 55 kg

Name: Karishma

Age: 20 yrs

Height: 155cms

### Food Plan Week 7

8:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

11:00 PM 1 Bread + 1 Tbsp Peanut Butter  
[or] 2 Eggs + Veggies  
[or] 1.5 Katori upm

2:00 PM Salad  
1 Phulka  
Sabji  
Dal/ Buttermilk

5:00 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

7:00 PM Peanuts/ Chana

8:30 PM 2 Phulka + Paneer Sabji  
[or] 1 Katori Rice + Rajma /Black Dal  
[or] 2 bread + Sabji [Sandwich/Pav Bhaji]

Program Expiry  
12-12-22

### 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 |
|---|------|------|------|------|------|------|------|
|   |      |      |      |      |      |      |      |
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|   |      |      |      |      |      |      |      |
| Exercise<br> |      |      |      |      |      |      |      |
| Water<br>    |      |      |      |      |      |      |      |