

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

11/15/2022

Weight: 60.3 kg

Name: Namrata

Age: 41Y

Height: 157 cms

Food Plan Week 3

8:00 AM 4 Dates (Eat Half At A Time, Chew Well)

10:00 AM 1 Uttapam + Veggies [or] 1 Roti + 1 Egg

12:00 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

2:00 PM Salad
1 Phulka
Sabji [Rajma/chole/Paneer]

5:00 PM 1 Katori Peanuts/ Chana

8:00 PM 1 Phulka + chicken
[or] 2-3 Idlis + sambar chutney
[or] 2 Missi Roti [methi/coriander leaves + 50% besan]

Program Expiry
25-01-23

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 