

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

11/17/2022

Weight: 55.5 Kg

Name: Rashmi

Age: 44 yrs

Height: 160 cms

Food Plan Week 11

8:15 AM 1 Fruit

9:30 AM 1.5 Katori Sprouts/ 2 Moongdal Chilla

11:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

2:30 PM Salad + Curd/Sprouts
1 Phulka
Sabji

5:30 PM 1 Fruit
+ 1 tbsp Peanut Butter/Handful of peanuts

8:30 PM Soup/ Salad
2 Katori Veg Daliya + Kadi
[or] 2 Bread + Sabji [sandwich/pav bhaji]
[or] Grilled Chicken + Saute Veggies

Program Expiry
21-11-22

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 