

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: 71 kg

Name: Payal

Age: 28Yrs

Height: 160 Cms

### Food Plan Week 11

7:00 AM Nil

9:00 AM Fruit Smoothie / Bowl  
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

12:00 PM Salad  
1 Phulka  
Sabji  
Dal/ Moth

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

5:30 PM 1 Slice/ Cube Cheese  
1 Fruit

8:00 PM Salad/ Soup [daily]  
1 Millet roti + Palak Dal  
[or] 2 Bread + Sabji [sandwich/pav bhaji]  
[or] 1 Katori Pasta + Saute Veggies + 1 Cube Cheese

Program Expiry  
08-11-22

### 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 