

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: 71.9 kg

Name: Trisha

Age: 31Yrs

Height: 143Cms

Food Plan Week 7

8:30 AM 1 Glass Milk + 1 tbsp chia seeds

10:30 AM Buttermilk

12:45 PM Salad + Sprouts + Curd
1 Phulka
Sabji

3:30 PM 4 Almonds (Eat One At A Time With Skin, Chew Well)

6:15 PM 1 Slice/ Cube Cheese
1 Fruit

9:00 PM 1 Phulka + Paneer with Peas/ palak
[or] 2 Bread + Veggies [Pav bhaji/sandwich]
[or] 2 katori Palak Khichadi

Program Expiry
21-08-20

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 