

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: 87.3 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Food Plan Week 7

Night 9pm to afternoon 1 Pm	Lemon water [or] Mint water [or] sauf water [or] Cinnamon water [or] Green Tea
2:00 PM	Salad + Sprouts + Curd 2 Phulka Sabji
5:00 PM	20g Raisin (Eat One At A Time, Chew Well)
7:00 PM	Roasted Makhana [or] pop-corn
9:30 PM	2 Phulka + Paneer with Peas/ palak [or] 2 Bread + Veggies [Pav bhaji/sandwich]
Tues n Thurs Dinner	Salad + Sprouts + Curd + 1 Phulka + 1/2 Katori Rice + Chicken

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 