

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

11/23/2022

Weight: 70.5 kg

Name: Trisha

Age: 31Yrs

Height: 143Cms

Food Plan Week 8

8:30 AM 1 Bread + 1 Slice Cheese + veggies

10:30 AM 1 Glass Milk (No Sugar)

12:45 PM Salad
1 Phulka
Sabji
Dal/ Kadi/ Chole

3:30 PM 5 Cashewnuts (Eat One At A Time, Chew Well)

6:15 PM Sprouts Bhel
1 Katori Sprouts + Murrua + veggies

9:00 PM 1 Millet roti + Sabji + Kadi
[or] 2 Phulka + Sabji + Dal
[or] 3 Slices Pizza

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 