

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: 87.3 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

### Food Plan Week 8

Night 9pm to afternoon 1 Pm	Lemon water [or] Mint water [or] sauf water [or] Cinnamon water [or] Green Tea
2:00 PM	Salad 2 Phulka Sabji Dal/ Kadi/ Chole
5:00 PM	1 Fruit
7:00 PM	Saute Peas with onion [or] Murmura + veggies
9:30 PM	1 Millet roti + Sabji + Kadi [or] 2 Phulka + Sabji + Dal
Tues n Thurs Dinner	Salad + Chicken 1 Phulka + 1/2 Katori Rice + Sabji + dal

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 