

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: 55.5 Kg

Name: Rashmi

Age: 44 yrs

Height: 160 cms

Food Plan Week 12

8:15 AM 4 Dates (Eat Half At A Time, Chew Well)

9:30 AM 1.5 katoris Poha/ Upma

11:30 AM 1 Egg

2:30 PM 1 katori Rice
+ Dal/ Chole/ Rajma
Salad

5:30 PM Murmura (+ 1 Tbsp Peanuts/ Chana + Veggies + Green Chutney)

8:30 PM Soup/ Salad
2 Katori Palak Khichadi
[or] 1 Phulka + Chicken
[or] 3-4 Eggs + Veggies

Program Expiry
21-11-22

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 