

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

11/30/2022

Weight: 60 kg

Name: Namrata

Age: 41Y

Height: 157 cms

Food Plan Week 5

- 8:00 AM Boil Ginger, mint in water and add lemon.
- 10:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
- 12:00 PM 1 Katori Boiled Chana/ Peanuts
[+ Veggies + Green Chutney + Coriander + Carrot + Lemon]
- 2:00 PM Salad
1 Katori Corn/ Sprouts
+ Veggies
+ Curd/ Cheese
- 5:00 PM Murmura + Veggies [or] 1 Khakra + veggies
- 8:00 PM Grilled Chicken + Saute Veggies
[or] 1 Phulka + Paneer Sabji
[or] 1 Bread + Veggies + 2 Eggs

Program Expiry
25-01-23

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 