

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: 83 kg Name: Rinku Age: 43 Yrs Height: 170 Cms

Food Plan Week 1

7:00 AM 1 Fruit

9:00 AM 1 Glass Milk + 1 tbsp Chia seeds

11:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:30 PM salad
1 Phulka
Sabji
Dal [+ Veggies]

5:00 PM Roasted makhana / Pop-corn

8:00 PM 1 Millet roti + Palak Dal
[or] 2-3 Idlis + sambar Chutney
[or] 2 Bread+ veggies [Pav bhaji/ sandwich]

Program Expiry
25-02-23

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 |
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| Exercise  | | | | | | | |
| Water  | | | | | | | |