

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

12/1/2022

Weight: 85.7 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Food Plan Week 9

Night 9pm to afternoon 1 Pm
Lemon water [or]
Mint water [or]
sauf water [or] Cinnamon water [or]
Green Tea

2:00 PM
Salad + Sprouts
2 Phulka
Sabji

5:00 PM
4 Dates (Eat Half At A Time, Chew Well)

7:00 PM
1 Katori Peanuts/ Chana

9:30 PM
2 Katori Palak Khichadi + Kadi
[or] 5-6 Pcs Dhokla
[or] Grilled Chicken + Veggies

Tues n Thrus Dinner
Palak Soup
2 Phulka/ 1.5 Katori Rice + Chicken

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 