

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: 70.5 kg

Name: Trisha

Age: 31Yrs

Height: 143Cms

Food Plan Week 9

8:30 AM 1 Glass Milk + 1 tbsp Chia seeds

10:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

12:45 PM Salad + Sprouts
1 Phulka
Sabji

3:30 PM 1 Fruit

6:15 PM 30g Coconut [grated or 2"x2" Piece] [or] Pop-corn

9:00 PM 2 Katori Palak Khichadi + Kadi
[or] 5-6 Pcs Dhokla
[or] 1 Phulka + 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  | | | | | | | |