

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

12/7/2022

Weight: 60 kg

Name: Namrata

Age: 41Y

Height: 157 cms

Food Plan Week 6

8:00 AM 5 Cashewnuts (Eat One At A Time, Chew Well)

10:00 AM 1 Glass Milk + 1 tbsp Chia seeds

12:00 PM 1 Slice/ Cube Cheese + 1 Fruit

2:00 PM Salad + Sprouts
1 Phulka
Sabji

5:00 PM Saute peas with onion [or] 2 eggs + Veggies

8:00 PM 1 Katori Rice + Chicken
[or] 1 Millet roti + Palak Dal
[or] 2-3 Moongdal Chilla + lauki

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 