

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

12/15/2022

Weight: 59 kg

Name: Namrata

Age: 41Y

Height: 157 cms

### Food Plan Week 7

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

10:00 AM 1.5 Katori Sprouts/ 2 Moongdal Chilla/ 2 Eggs + Veggies

12:00 PM 1 Fruit

2:00 PM Salad  
1 Phulka  
Sabji [Paneer/ Chole/ Rajma]

5:00 PM 1 Katori Chawli (Black Eyed Beans) [+ Veggies, Lemon]  
[or] 1 Katori Boiled Corn + veggies

8:00 PM 1 Phulka + Chicken  
[or] 2 Katori Veg pulav + Kadi  
[or] 1 katori Rice + Besan with veggies

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 |
|---|------|------|------|------|------|------|------|
|   |      |      |      |      |      |      |      |
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|   |      |      |      |      |      |      |      |
| Exercise<br> |      |      |      |      |      |      |      |
| Water<br>    |      |      |      |      |      |      |      |