

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

12/21/2022

Weight: 58.2 kg

Name: Namrata

Age: 41Y

Height: 157 cms

Food Plan Week 8

- 8:00 AM Boil Ginger, mint in water and add lemon.
- 10:00 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds
- 12:00 PM 20g Coconut (grated or 1" x 2" Piece)
- 2:00 PM Salad
1 Millet roti/ 1 Katori Rice
Sabji
Dal/ Kadi
- 5:00 PM Murmura + ½ Katori Roasted Chana
[or] 2 Rasgullas (Completely squeeze out syrup)
- 8:00 PM 2 Moongdal Chilla + Palak
[or] 2-3 Idlis/ 1 Uttapam + sambar chutney
[or] 2 bread + Sabji [pav bhaji/sandwich]

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 