

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: 54.5 Kg

Name: Rashmi

Age: 44 yrs

Height: 160 cms

### Food Plan Week 13

8:15 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:30 AM 1.5 Katori Upma/ Poha  
1 Egg

11:30 AM 1 Glass Milk

2:30 PM 2 Phulka  
Sabji  
Dal/ Kadi  
Salad

5:30 PM Fruit Smoothie / Bowl  
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

8:30 PM Soup/ Salad  
2 Phulka + Sabji + Dal/ Kadi  
[or] 1.5 Katori Rice + Chicken  
[or] 2 Veg Stuffed Roti + Green chutney

Program Expiry  
21-11-22

### 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 