

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

27-12-22

Weight: 55.3 Kg

Name: Rashmi

Age: 44 yrs

Height: 160 cms

Food Plan Week 14

8:15 AM 2 Dates (Eat Half At A Time, Chew Well)

9:30 AM 1 Glass Milk + 1 tbsp Chia seeds

11:30 AM 1 Fruit

2:30 PM 1 Millet Roti/1 Katori Rice
Sabji
Palak Dal/ Chole/ Moth
Salad

5:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)
[or] Roasted Makhana

8:30 PM Soup/ Salad
2 Phulka + Sabji + Dal
[or] 2 Moongdal Chilla + Lauki/ Palak
[or] 2 katori Veg Khichadi

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 