

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

1/5/2023

Weight: 55.5 Kg

Name: Rashmi

Age: 44 yrs

Height: 160 cms

Food Plan Week 15

8:15 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

9:30 AM 1.5 katoris Poha/ Upma

11:30 AM 1 Egg

2:30 PM 2 Phulka
Sabji
Chole/ Dal/ Moth

5:30 PM Saute Peas with onion [or] Paneer + Veggies

8:30 PM Soup/ Salad
1 Millet roti + Palak Dal
[or] 2 Idlis + sambar Chutney
[or] 1 Katori Rice + Chicken

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 