

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: 85.7 kg

Name: Parijat

Age: 31Yrs

Height: 176Cms

Food Plan Week 10

Night 9pm to afternoon 1 Pm
Lemon water [or]
Mint water [or]
sauf water [or] Cinnamon water [or]
Green Tea

2:00 PM
Salad
2 Phulka
Sabji

5:00 PM
8 Almonds (Eat One At A Time With Skin, Chew Well)

7:00 PM
2 Fruits + 2 Tsp Seeds

9:30 PM
1 Millet roti + Sabji + Kadi
[or] 2-3 Moongdal Chilla + Palak

Tues n Thurs Dinner
Salad + Moth
2 Phulka + Chicken

Program Expiry
21-08-20

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 