

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: 70.5 kg

Name: Trisha

Age: 31Yrs

Height: 143Cms

### Food Plan Week 10

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

12:45 PM  
Salad  
2 Phulka  
Sabji

3:30 PM  
1 Fruit

6:15 PM  
Saute Peas + Onion [or] 50g Grilled Paneer + Saute Veggies

9:00 PM  
1 Millet roti + Sabji + Kadi  
[or] 2-3 Moongdal Chilla + Palak  
[or] 100 g Grilled Paneer + Saute Veggies

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 