

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

1/7/2023

Weight: 59.2 kg

Name: Namrata

Age: 41Y

Height: 157 cms

Food Plan Week 9

- 8:00 AM 2 Anjir (Eat Half At A Time, Chew Well)
- 10:00 AM 50g paneer + Veggies [or] 2 Eggs + veggies
- 12:00 PM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)
- 2:00 PM Salad
1 Phulka/ 1 katori Rice
Sabji
Chole / Moth
- 5:00 PM 1 Slice/ Cube Cheese + 1 Fruit
[or] Roasted Makhana
- 8:00 PM 1 Millet roti + Kadi + Sabji
[or] 2 Katori Mix veg Khchadi
[or] 3 Slices Pizza with chicken

Program Expiry
25-01-23

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 