

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: 100 kg

Name: Nilima

Age: 40 yrs

Height: 165cms

Food Plan Week 1

7:00 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

9:00 AM 1.5 katoris Upma/2 Eggs + veggies

11:30 AM 2 Anjir (Eat Half At A Time, Chew Well)

2:00 PM Salad
2 Phulka
Sabji
Dal/ Kadi

5:00 PM Roasted makhana [or] pop-corn

7:00 PM Salad/ Soup
1 Millet roti + palak Dal
[or] 1 Katori Rice + Chole
[or] 2-3 moongdal Chilla + lauki + Green Chutney

Program Expiry
21-04-23

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 