

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

1/16/2023

Weight: 60.2 kg

Name: Namrata

Age: 41Y

Height: 157 cms

Food Plan Week 10

8:00 AM 1 Egg

10:00 AM 1 Glass Milk + 1 tbsp chia seeds

12:00 PM 1 Fruit

2:00 PM Salad
1 Phulka
Sabji
Dal/ kadi

5:00 PM 1 Slice/ Cube Cheese + 1 Fruit
[or] Roasted Makhana

8:00 PM 1 Katori Rice + Chole
[or] 2-3 Moongdal Chilla + Palak
[or] 2 Bread + veggies + soup

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 