

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

1/23/2023

Weight: 59 kg

Name: Namrata

Age: 41Y

Height: 157 cms

Food Plan Week 11

8:00 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

10:00 AM 1 Fruit + 1 tbsp Peanut Butter/Handful of peanuts
[or] 2 Eggs + veggies

12:00 PM 5 Apricot (Dried) (Eat One At A Time, Chew Well)

2:00 PM Salad
1 Katori Corn/ Rajma
+ Veggies
+ Curd/ Cheese

5:00 PM 1 Bread + 1 Slice Cheese
[or] Saute Peas + Onion

8:00 PM 1 Millet roti + Palak sabji + Dal/ Kadi
[or] 2 Katori Veg Daliya
[or] 3 Slices Pizza

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 