

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

1/28/2023

Weight: 65 kg

Name: Rashmi

Age:33 Yrs

Height: 160 Cms

Food Plan Week 2

9:30 AM 8 Almonds (Eat One At A Time With Skin, Chew Well)

11:30 AM 1.5 katoris Upma/ 2 Eggs + Veggies

2:00 PM Salad + Curd + Sprouts
2 Phulka
Sabji

4:00 PM 1 Coconut water

6:30 PM 1 Katori Chana/Peanuts [boiled/roasted]
Optional (+Murmura + Veggies + Green Chutney)

8:30 PM Salad/ Soup
2 Katori Palak Khichadi
[or] 2 Phulka + Paneer sabji
[or] Grilled Chicken + Saute Veggies

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 