

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

1/30/2023

Weight: 58.6 kg

Name: Namrata

Age: 41Y

Height: 157 cms

Food Plan Week 12

8:00 AM 1 Fruit

10:00 AM 1.5 katoris Poha/ Upma

12:00 PM 8 Almonds (Eat One At A Time With Skin, Chew Well)

2:00 PM Salad
1/2 Katori Rice [or] Daliya
Sabji
Dal/ Kadi

5:00 PM 1 Fruit + 1/2 Katori Peanuts

8:00 PM 1 Phulka + paneer Sabji
[or] Grilled Chicken + Saute
[or] 2 Palak/Methi roti + Kadi

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 