

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

1/31/2023

Weight: 55.5 Kg

Name: Rashmi

Age: 44 yrs

Height: 160 cms

Food Plan Week 17

8:15 AM Sauf Water (soak 1 tbsp Sauf overnight in water, eat sauf also)

9:30 AM Fruit Smoothie / Bowl
Fruit + 100ml Curd/Milk + Mix dryfruits 1 tbsp + 2 tsp roasted Flax seeds

11:30 AM 1 Egg

2:30 PM 1 Phulka
Sabji [Paneer/chole/ moth]
Salad

5:30 PM Pop-corn [or] Murmura + Sprouts + Veggies

8:30 PM Soup/ Salad
1 Katori Rice + Chicken
[or] 1 Millet roti + kadi + Palak Sabji
[or] 2 Moongdal Chilla + Lauki

Program Expiry
21-11-22

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 