

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

2/9/2023

Weight: 55.5 Kg

Name: Rashmi

Age: 44 yrs

Height: 160 cms

### Food Plan Week 18

8:15 AM Tulsi tea (boil tulsi leaves in water)

9:30 AM 1.5 katoris Upma/ 2 Idlis/ 1 Dosa

11:30 AM 1 Fruit

2:30 PM 1 Phulka  
Sabji  
Salad + Curd

5:30 PM Saute Peas with onion [or] Saute Veggies

8:30 PM Soup/ Salad  
1 Phulka + Paneer Sabji  
[or] 2 Idlis + Sambar Chutney  
[or] Grilled Chicken + Saute veggies

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 