

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

2/11/2023

Weight: 72.5 kg

Name: Anjali

Age: 59Yrs

Height: 152 Cms

Food Plan Week 25

6:45 AM 1 Fruit

8:30 AM 1.5 Katori Sprouts/ 2 Moongdal Chilla

10:30 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

1:00 PM Salad
1 Phulka
Sabji
Dal/ Buttermilk

5:00 PM 1 Fruit
1 Slice/ Cube Cheese [or] Peanuts

8:00 PM Salad/ Soup
2 Katori Veg Khichadi
[or] 1 Phulka + Palak Paneer
[or] 2 Moongdal Chilla + lauki/ Cucumber

Program Expiry
21-08-20

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 