

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

2/28/2023

Weight: 55.9 Kg

Name: Rashmi

Age: 44 yrs

Height: 160 cms

Food Plan Week 19

8:15 AM 8 Pcs. Walnuts (Eat One At A Time, Chew Well)

9:30 AM 1 Veg Stuffed Roti (+ Veggies) [or] 2 Eggs + Veggies

11:30 AM 1 Coconut water

2:30 PM 1 Phulka
Sabji
Salad + Sprouts + Curd

5:30 PM 1 Slice/ Cube Cheese
1 Fruit

8:30 PM Soup/ Salad
1 Phulka + Rajma/ Chole
[or] 2 Bread +Veggies [Pav bhaji/ Sandwich]
[or] 2 Katori Palak Khichadi

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 