

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

3/15/2023

Weight: 57 Kg

Name: Rashmi

Age: 44 yrs

Height: 160 cms

### Food Plan Week 20

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

9:30 AM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

11:30 AM 1 Coconut water

2:30 PM Salad + 2 Tsp seeds  
1 Phulka  
Sabji  
Dal/ kadi

5:30 PM 2 Eggs [or] 1 Katori Chana + veggies

8:30 PM Soup/ Salad  
1 Katori Rice + Palak Dal/ Chicken  
[or] 2 Bread + Sabji [pav bhaji/ sandwich]  
[or] 2 Idlis + sambar chutney

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 