

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

24-04-23

Weight: 62 kg

Name: Namrata

Age: 41Y

Height: 157 cms

Food Plan Week 1

8:00 AM 1 Glass Milk

10:00 AM 1 Mango + 10 Almonds [or] 2 Eggs + veggies

12:00 PM 3 tsp flax seeds

2:00 PM Salad
1 Phulka
Sabji
Dal/ Chicken

5:00 PM 1 Glass Milk + 1 tbsp Chia seeds
[or] 1 Dryfruit laddu (Walnuts + Almonds + FlaxSeeds + Dates + Anjeer)
No sugar/ jaggery to be added

8:00 PM Salad/ Soup
GrilledChicken + Saute veggies
[or] 1 Katori Rice + Fish/ Chole
[or] 1 Millet roti + Palak Dal

Program Expiry
25-07-23

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 