

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

5/10/2023

Weight: 62 kg

Name: Namrata

Age: 41Y

Height: 157 cms

Food Plan Week 3

8:00 AM 2 Dates

10:00 AM 1 Mango + 10 Almonds [or] 2 Chilla [Oats + Besan]+ Veggies

12:00 PM 1 Egg

2:00 PM Salad + Sprouts + 1 tbsp Curd
1 Phulka
Sabji

5:00 PM Coconut water + 2 tsp Mix seeds
[or] Pop-corn

8:00 PM Salad/ Soup
2 Idlis + sambar chutney
[or] Grilled Chicken + Saute Veggies
[or] 1.5 katori Khichadi + Kadi

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 