

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

20-05-23

Weight: 62 kg

Name: Namrata

Age: 41Y

Height: 157 cms

Food Plan Week 4

8:00 AM 4 Pcs. Walnuts (Eat One At A Time, Chew Well)

10:00 AM 1.5 Katori Sprouts/ 2 Eggs + Veggies

12:00 PM Buttermilk

2:00 PM Salad
1 Phulka
Sabji [Paneer/ Chicken/ Rajma]

5:00 PM 2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

8:00 PM Salad/ Soup
1 Millet roti + Palak Dal
[or] 2 Katori Veg Daliya + kadi
[or] 3-4 Slices Thin Crust chicken Pizza

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 