

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

03-06-23

Weight: 61.4 kg

Name: Namrata

Age: 41Y

Height: 157 cms

Food Plan Week 6

8:00 AM 8 Almonds (Eat One At A Time, Chew Well)

10:00 AM 1.5 katoris Poha/ Upma/ 2 Eggs

12:00 PM 1 Fruit

2:00 PM Salad + Chana/ Sprouts
1 Phulka
Sabji

5:00 PM 2 Rasgullas (Completely squeeze out syrup)
[or] 1 Glass Milk + 1 tbsp chia seeds

8:00 PM Salad/ Soup
1 Phulka + Sabji + Dal
[or] 2 Katori veg Khichadi + Kadi
[or] Grilled Chicken + Saute Veggies

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 |
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| Exercise  | | | | | | | |
| Water  | | | | | | | |