

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

08-06-23

Weight: 64.2 kg

Name: Namrata

Age: 41Y

Height: 157 cms

Food Plan Week 7

8:00 AM Sauf Water (soak 1 tsp Sauf overnight in water, eat sauf also)

10:00 AM 1 Mango/ 1.5 Katori Sprouts

12:00 PM Buttermilk

2:00 PM Salad
1 Phulka
Sabji
Dal/ kadi

5:00 PM Roasted Makhana Bhel [or] Salad + 4 Pcs Paneer + 2 Almonds

8:00 PM Salad/ Soup
1 Millet roti + Palak Dal
[or] 2 katori Khichadi + kadi
[or] 1 Katori Rice + Chicken

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 