

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

6/17/2023

Weight: 63.4 kg

Name: Namrata

Age: 41Y

Height: 157 cms

Food Plan Week 8

8:00 AM 1 Glass Water + 1 tbsp chia seeds

10:00 AM 1.5 katoris Upma/ 2 Idlis/ 1 Dosa

12:00 PM 1 Egg

2:00 PM Salad + Curd
1 Phulka
Sabji [paneer/ Chole / Rajma]

5:00 PM 1-2 Fruits + 2 tsp seeds (flax/ Black til/ Melon/ Sunflower)

8:00 PM Salad/ Soup
Grilled Chicken + Saute veggies
[or] 2 Wheat bread + Sabji [Sandwich/ Pav bhaji]
[or] 2-3 Moongdal Chilla + lauki/ Cucumber

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 