



Peping Health

Dietitian Ranjani Raman, M.Sc.(DFSM),CED,PGCPDN,PGDFSQM Member of Indian Dietetic Association

Client Name Irure sit aliquip cffffff	Age 16	Weight 100 kg	Height 12 cm
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Nutrition plan (Mar 2, 2023 - Mar 11, 2023)

Timings	Meal Options
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Guidelines

Since the first week is observation week, the food pattern will be similar what was already followed with inclusion of fruits, vegetables and what's app group is important. Appreciate your understanding and time. Here are a few guidelines to keep in mind while following the plan:

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- b