



Peping Health

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

Client Name
Ullamco in in quam iffffff

Age
26

Weight
37 kg

Nutrition plan (Mar 8, 2023 - Mar 18, 2023)

Timings

Meal Options

12:00

xcgdssfsdf

12:00

sdfsdf

Guidelines

Since the first week is observation week, the food pattern will be similar what was already followed what's app group is important. Appreciate your understanding and time. Here are a few guidelines to keep

- serverwer