



Peping Health

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

Client Name Aut a vitae nihil fuffffff	Age 78	Weight 31 kg	Height 45 cm
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Nutrition plan (Thu Mar 02 2023 00:00:00 GMT+0530 (India Standard Time) - Sat Mar 11 2023 00:00:00 GMT+0530)

Timings	Meal Options
12:00	dfdfsd fsdfsd fsdf
12:00	sdfsd
12:00	sdfsd
12:00	sdfsd

Guidelines

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

- sdfsd
- sdfsd
- sdfsd