



REMOVEAT.FIT

NAME: Rafi

AGE: 36

BMI: 28.8

WEIGHT: 94.6

DIET PREFERENCE: Non-Vegetarian

NUTRITIONIST NAME: Rajshree Patkale

EARLY MORNING 3.35 AM

1. Lemon in warm water (1 glass) + 1 small Apple

BREAKFAST 6.15 AM

1. Oats porridge with apple, nuts & 2 dates (add 1 scoop of whey protein)
2. Ragi porridge (1 bowl) + 2 whole egg + 1 egg white boiled
3. Oats vegetable upma (1 bowl) + 2 whole boiled egg + 1 egg white

MID-MORNING 11 AM

1. boiled egg whites (5 egg whites) + Roasted pumpkin seeds (2 tablespoon)

LUNCH 1.30 PM

1. Boiled Chicken Breast (100 grams) + sprouts with Vegetable salad (1 bowl)
2. Grilled Chicken Breast (100 grams) + spinach mushroom Salad (1 bowl)
3. Sauteed Shredded chicken (1 Katori) + Vegetable Yoghurt salad (1 cup)
4. Boiled Chicken breast (100 grams) + Moong Sprouts vegetable Pomegranate Salad (1 bowl)
5. Chicken tikka without oil (2 tikka) + Lentil soup (1 bowl)
6. Boiled Chicken Breast (100 grams) + Vegetable Salad with Kidney Beans (10 grams)

SNACKS 4.30 PM (Pre-workout)

1. Banana (1 small) + Almond (5 Almond) + Currants black (10 grams)

(Post-workout)

1. Zero carb isopure whey protein - (1 scoop) with plain water (1 glass)

DINNER 7.30 PM

1. Grilled Fish (100 gm) + Sauteed vegetable (1 bowl)
2. Boiled Egg white & vegetable salad (1.5 bowl) + veg soup (1 bowl)
3. Tandoori chicken (100 grams) + vegetable salad (1 bowl)

NOTES: -

DIET GUIDELINES

Follow the following guidelines when you start your diet: -

1. Start with a positive mind and ensure 6-8 hours of sleep daily.
2. Log your meals daily so I can keep a watch.
3. Update your weight every Sunday, weigh when you wake up, on the same scale, at same place and preferably same clothes.
4. Drink 10-12 glasses of water daily. Drink at evenly spaced intervals and not all in one go.
5. Avoid refined cereals, bakery items, canned or packaged foods, fried and sweet items.
6. Avoid fruit juices, soft drinks and alcohol. Avoid eating out a lot.
7. Use maximum of 3 tsp of oil/ghee/butter in a day and no or less than 1 tsp of sugar in a day.
8. Finish your salad or soup first and then eat your lunch and dinner.
9. Eat slowly, chew every bite properly.
10. Remain active for at least 40 minutes daily for 5-6 days a week. Do not exercise on an empty stomach or right after a meal.

QUANTITY HELP:-

