



## REMOVEAT.FIT

NAME: Rafi

AGE: 36

BMI: 28.8

WEIGHT: 94.6

DIET PREFERENCE: Non-Vegetarian

NUTRITIONIST NAME: Rajshree Patkale

PLAN: MUSCLE UP (PLAN 1)

### EARLY MORNING 3.35 AM

1. Lemon in warm water (1 glass)

### BREAKFAST 6.15 AM

1. Oats porridge with apple, nuts & honey (add 1 scoop of whey protein)
2. Ragi Dosa (2 small) + Chana dal chutney (2 tablespoon)
3. Oats buttermilk flaxseeds shake (200 ml)
4. 2 egg vegetable Omlette + Brown bread (2 slices)

### MID-MORNING 11 AM

1. Mixed fruits (1 cup) + Mix seeds (1 tablespoon)

### LUNCH 1.30 PM

1. Toned Paneer Bhurji (1 Katori) + Ragi Semolina Appam (2 pieces)
2. Vegetable Tur Dal khichdi (1 bowl) + sauteed Chicken breast with Mushroom (1 Katori)
3. Moong Dosa (2 small) + Tomato Garlic Chutney (4 tablespoon)
4. Quinoa Moong Dal Khichdi (1 bowl) + 1 boiled egg

### 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:-

