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DIET PLAN

Anuraag Malhan (Mumbai)

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EARLY MORNING(Around 7:00am) : As you wake up , Drink 1 Glass Luke Warm/ room temperature Water first thing.(without brushing teeth / kulla etc)

Then:

- 20 ml ACV + 1 Fresh lemon juice + Pinch of Cinnamon Powder + Ginger juice mixed in 1 Glass water with 2 Vitamin C tab

ACV = Bragg's Apple Cider Vinegar (With the Mother)

After 15-20 Mins:

Black Coffee/Green Tea (No Sugar/Jaggery/Alternatives) +

BREAKFAST (At 12:00pm)

Choice of Meal + 1 Tab Multivitamin + 1 Tab Vitamin B Complex + 1 Cap Vitamin E + 1 Tab Vitamin D3

A) Eggs Dish (M-W-F): Omelette + 2 Bread Slices , French Toast (2 Bread Slices) ,
Boiled or Scrambled Eggs with Sauté Vegetables

Eggs: 4-5 Full Eggs

Bread Slice: 2-3 Max

Choice of Vegetables (Any 3-4): French Beans, Carrot, Capsicum, Pea, Cabbage,
Broccoli, Red/Yellow Bell Pepper

Oil: Olive Oil (Green), Desi Ghee

B) T-T-S : Vegetable Poha/Quinoa Daliya with Paneer or Vegetable Paneer Sandwich + 1 Scoop Fit Whey Protein in Water

(Can add paneer to poha/Daliya while cooking or Roast separately on tawa to light brown shade , add salt , pepper , lemon juice and herbs for flavor and eat separately)

Paneer : 100 grams

Choice of Vegetables for sandwich: Tomatoes, Cucumber, Onion, Cabbage

Choice of Vegetables for Poha/Quinoa Daliya : Tomatoes , Carrot , onion , cabbage , Peas , French beans.

Bread Slices: 4 for 2 sandwiches

LUNCH (At 4:00pm) : Raw Salad + Choice of Meal

Raw Salad = Tomatoe , Cucumber , Beetroot , Carrot , Cabbage or Lettuce(Can add salt , pepper , lemon juice , chat masala for taste)

A) 1 Qtr Plate Steamed/Jeera Rice with 1 Cup Vegetable + 1 Cup Dal and 1 Scoop Whey Protein in Water (M-W-F)

Choice of Vegetables : Karela , Egg plant , Spinach , Lady finger , Cabbage , Cauliflower , Peas , French Beans , Capsicum.

Choice of Dal/Legumes : Green Moong , Yellow Moong , Rajma , Black Chana , Lobia.

B) Fish/Chicken/Egg Curry Dish + Rice (T-T-S)

Rice : 1 Quarter Plate Serving

(Boiled/Steamed/Jeera Rice)

Chicken/Fish : Breast 100-125grams

Eggs. 3-4 Full eggs

Chicken/Egg Curry to be cooked in Desi Ghee. Add spices, herbs as per your preference.

DINNER (Between 7:30-8:00 pm) : Meal + 1 Calcium Tab

A) M-W-F: Creamy Egg Salad (Cold)

Eggs : 4 Full Eggs

Choice Of Vegetables: Cucumber , Carrot , Cabbage , Tomatoes , Capsicum

Spices/Herbs : Salt , Black Pepper , Oregano , Red Chili Flakes

Mix 2-3 Tbsp. Curd to vegetables to make it creamy , add spices/Herbs , then add boiled eggs.

Gently mix so that Eggs get coated with Curd and Spices/Herbs.

B) Homemade Chicken Sausage Recipes (Separate File shared)
(Same as Option A. 100g chicken sausage instead of eggs)

OR

Chicken Sausage Omelette
(1-2 Full Eggs and 50g chopped chicken sausage)

SUNDAY DIET

Early Morning : 2 Glass Luke Warm Water. Then , ACV Drink (As mentioned above)

MEAL 1 : Green Smoothie + Fruits

MEAL 2 : Fruit Platter

Any Fruit , As much as you want to eat.
Preferably mix of Papaya , Pineapple , Watermelon , Kiwi , Strawberries , Oranges , Apple

MEAL 3 : Boiled/Steamed/Raw Vegetables (No oil) + Fruit or Green Smoothie.
Any Vegetable except Potato. Strictly No cooking. Only Boiled/Steamed/Raw. Can add spices and herbs as per preferences.

In Between Meals : Green Tea or Vegetable Soup

Vitamins/Minerals/Herbs : Only Vitamin C

Green Smoothie Recipe : 1 Apple , 1 Cucumber , 1 Bowl Spinach , 1 Bitter Gourd (Karela).

Mix All Ingredients in a Mixer and make a thick paste. Add water to make it easily drinkable and mix again.

(Add Salt , Chat Masala , Pepper , Lemon Juice as per taste)

NOTES & INSTRUCTIONS

1) Drink 3-4 Litre of Plain water every day. Water mixed in green tea or used for cooking not to be considered.

Drink water 45 Mins before a meal and 30-45 Mins after a meal. Not in between. If you feel like drinking water post meal, just take a sip, swirl in mouth and drink. That should be enough. Do not drink more as it may affect digestion of food and nutrients absorption.

2) Keep Rotating Fruits, Vegetables, Legumes/Lentils and Dish Preparations. Do not stick to one type of food given in a meal options. Variety is the Key.

3) Oils Good to be Used for you: Desi Ghee , Olive Oil , Coconut Oil , Mustard Oil. For Cooking and Sauté. Strictly do not use Refined Oils

4) Soak up early morning Sunlight for 15-20 mins. Preferably between 6:00-8:00am. Suggestion: Enjoy your Morning drinks (ACV ,Green Tea & Dry Fruits) sitting in balcony and soaking sunlight

5) Can have green tea/black coffee 2-3 times a day. However, avoid coffee post 6:00pm if it hinders your sleep. Can also have another ACV drink later in the day when hungry between meals

6) Recommend Vitamins/Supplements

1- Multivitamin : FBC Nutrition Daily multivitamin or A to Z NS (Breakfast)

1- B-Complex : Neuroboin Plus (Breakfast)

2- Vitamin C : Celin 500 (Early morning)

1- Vitamin E : Evion 600 (Breakfast)

1- Calcium : Castigo KD or GemCal DS (Dinner)

1 – Uprise D3 2000 iu (Breakfast)

1 - Uprise D3 60,000 iu once in 2 weeks

Recommend to add BCAA , L-Glutamine , Omega3 Capsules and L-Carnitine with CLA Supplement for better muscle recovery and push fat loss.

