

MARCH 2024

StayFit

Diet Plan



Protein

HAVING TROUBLE
CONSUMING PROTEIN?
WE'VE GOT YOU
COVERED

Plan

7 DAYS DIET PLAN
CUSTOM MADE FOR
INDIANS TO COVER
160 GM PROTEIN

Eat Healthy

4 LOW-FAT VEG MEALS PER DAY TO STAY FIT



Address: 1st Floor , Kahlon Emporium, Sec 12-B, Vrindavan Yojna,
Lucknow

IG @ flexfitnesslucknow

CALL 7007799410

BEST GYM OF LUCKNOW

Table of CONTENTS



01

About Flex Fitness
Gym

02

About Owners

03

Different Activities

04

Weight Loss Results

05

Mobile App

06

7 days diet plan
160 gm Protein

Address: 1st Floor , Kahlon Emporium, Sec 12-B, Vrindavan Yojna,
Lucknow

ABOUT FLEX FITNESS GYM



Address: 1st Floor , Kahlon Emporium, Sec 12-B, Vrindavan Yojna, Lucknow

Activity Studio: With a dedicated activity studio, the gym offers space for various group fitness classes such as yoga, boxing, and dance, catering to different fitness preferences and levels.

CrossFit Section: A separate CrossFit section is available for members interested in high-intensity functional training, equipped with specialized equipment and space for dynamic workouts.

1. Spacious Layout: The 4000 sq ft gym
2. High-Quality Equipment imported gym machines from MBH
3. Commercial Air Conditioned with 20 Ton AC
4. Separate Changing Rooms/ Shower and Steam Facilities:
5. Clean and Well-Maintained Environment
6. Premium Clientele, Doctors from SGPGI, MEDANTA, APOLO
7. Free Parking Space, 60+ cars and 100+ two wheeler
8. Lift Access till Gym
9. 24 X 7 power backup
10. Jaguar Steam, best in Lucknow
11. Certified Trainers
12. Digital App access to track your progress
13. Curated Music played on Sony and JBL Music Systems
14. Rated 4.9/ 5 on Google from 500 customers

ABOUT OWNERS

Himanshu Gautam

Worked as VP Technology at Morgan Stanley

Vision:

Almost all Gyms in Lucknow lacked following:

1. Adequate Parking space
2. Pairs of dumbbells and plates, clients used to wait for weights to get free
3. Air-conditioning, summers were tough in Gyms
4. No way to check Gym traffic in Peak hours

How Flex Fitness Gym is different:

1. Ensured parking of > 50+ cars and 100+ bikes
2. > 55 pairs of dumbbells & 1200 Kgs of plates
3. 20 Ton commercial ACs of Mitsubishi
4. Mobile App which gives live traffic at Gym
5. Automated review surveys send to client
6. Automated gym events notifications

Nikita Rawat

Worked as Manager Ernst & Young

Vision:

Almost all Gyms in Lucknow lacked following:

1. Cleanliness
2. Shower and steam facility for females
3. Trainers lacking knowledge of PCOS/PCOD
4. Gym not guiding females about strength exercises

How Flex Fitness Gym is different:

1. Ensuring a female staff be there at gym
2. Separate showers and steam for females
3. Opening talks with female clients with PCOS/PCOD and guiding with diet
4. Ensuring females do strength exercise
5. Safe environment for females
6. We have > 50% female clients

You can follow us on LinkedIn:

<https://www.linkedin.com/in/gautamhimanshu/>

<https://www.linkedin.com/in/nikitarawat/>





YOGA



BOXING



CROSSFIT / AEROBICS



OUTDOOR

Address: 1st Floor , Kahlon Emporium, Sec 12-B, Vrindavan Yojna, Lucknow

WEIGHT LOSS RESULTS



There are many more such transformations.

Our clients follow diet plan and do regular workout/activities



Address: 1st Floor , Kahlon Emporium, Sec 12-B, Vrindavan Yojna, Lucknow

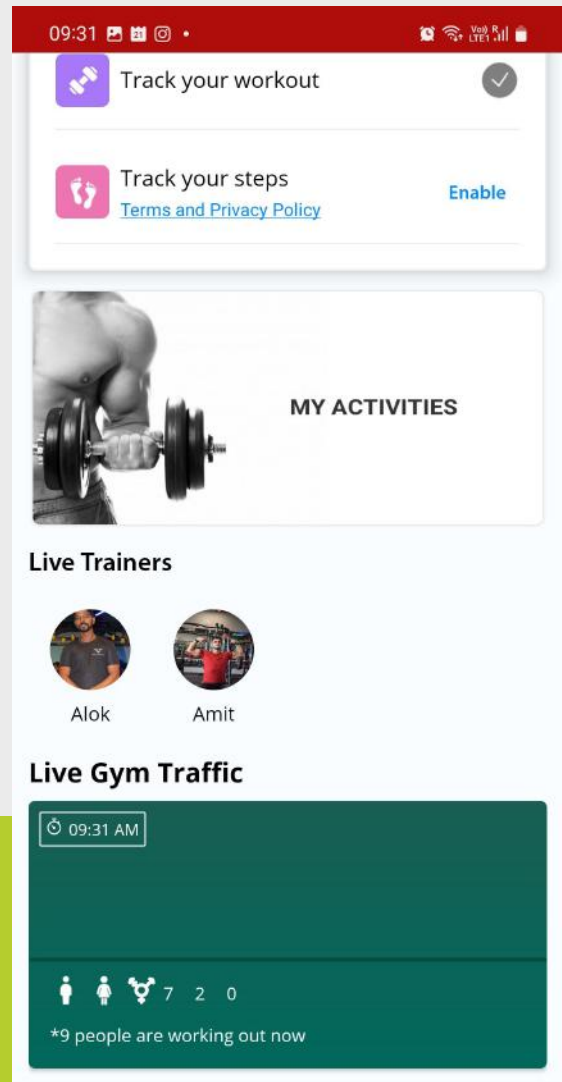
All about MOBILE APP

Benefits for Non Members:

1. FREE for Limited period
2. Checkout free diet plans
3. Check both home and Gym workouts
4. Track your weight, measurements
5. Calculate Macro nutrients in diet
6. Book free Gym trials

Benefits for Members:

1. All free features are there
2. Exclusive features like requesting free Personal trainings sessions
3. Check Live traffic of Gym
4. Step counts
5. Water tracking
6. Report Issue at Gym, with feedback option
7. Check attendance
8. Rate the trainers



SCAN CODE TO DOWNLOAD APP

DAY 1 PLAN

OPTIONS TO STAY FIT

MEAL 1: BREAK FAST

- Paneer (cottage cheese) and vegetable omelet made with 2 whole eggs, 100g of paneer, spinach, tomatoes, and onions (Protein: 30g, Carbs: 7g, Fat: 20g)
- 1 whole wheat toast (Protein: 3g, Carbs: 17g, Fat: 2g)

Meal 2: Mid-Morning Snack

- 1 cup of Greek yogurt with mixed berries (Protein: 20g, Carbs: 15g, Fat: 3g)



Meal 3: Lunch

- Chickpea salad with mixed greens, cucumber, bell peppers, cherry tomatoes, and a lemon-tahini dressing (Protein: 25g, Carbs: 40g, Fat: 15g)

Meal 4: Dinner

- Tofu stir-fry with broccoli, bell peppers, carrots, and mushrooms served with brown rice (Protein: 30g, Carbs: 45g, Fat: 10g)



DAY 2 PLAN

OPTIONS TO STAY FIT

Meal 1: Breakfast

- Smoothie made with 1 scoop of plant-based protein powder, almond milk, spinach, banana, and chia seeds (Protein: 25g, Carbs: 30g, Fat: 10g)



Meal 2: Mid-Morning Snack

- Handful of mixed nuts (almonds, walnuts, cashews) (Protein: 10g, Carbs: 5g, Fat: 15g)



Meal 3: Lunch

- Lentil soup with mixed vegetables and a side of whole wheat bread (Protein: 20g, Carbs: 35g, Fat: 5g)

Meal 4: Dinner

- Grilled vegetable skewers with paneer (cottage cheese) served with quinoa (Protein: 35g, Carbs: 40g, Fat: 10g)



DAY 3 PLAN

OPTIONS TO STAY FIT

Meal 1: Breakfast

- Masala oats made with rolled oats, mixed vegetables, and spices (Protein: 15g, Carbs: 30g, Fat: 5g)



Meal 2: Mid-Morning Snack

- 1 apple with peanut butter (Protein: 5g, Carbs: 20g, Fat: 10g)



Meal 3: Lunch

- Brown rice with black bean curry and a side of mixed vegetable salad (Protein: 25g, Carbs: 45g, Fat: 5g)

Meal 4: Dinner

- Vegetable tofu curry served with roti (whole wheat flatbread) (Protein: 30g, Carbs: 35g, Fat: 10g)



DAY 4 PLAN

OPTIONS TO STAY FIT

Meal 1: Breakfast

- Quinoa porridge with almond milk, sliced bananas, and a sprinkle of cinnamon (Protein: 15g, Carbs: 35g, Fat: 5g)



Meal 2: Mid-Morning Snack

- Carrot sticks with hummus (Protein: 5g, Carbs: 15g, Fat: 7g)



Meal 3: Lunch

- Chickpea curry with brown rice and mixed vegetable salad (Protein: 25g, Carbs: 40g, Fat: 5g)

Meal 4: Dinner

- Stuffed bell peppers with tofu, quinoa, and tomato sauce (Protein: 30g, Carbs: 40g, Fat: 10g)

DAY 5 PLAN

OPTIONS TO STAY FIT

Meal 1: Breakfast

- Protein-rich chia seed pudding made with almond milk and topped with mixed berries (Protein: 20g, Carbs: 25g, Fat: 10g)

Meal 2: Mid-Morning Snack

- Cottage cheese (paneer) with pineapple slices (Protein: 15g, Carbs: 20g, Fat: 5g)



Meal 3: Lunch

- Mixed vegetable stir-fry with tofu and brown rice (Protein: 30g, Carbs: 40g, Fat: 10g)

Meal 4: Dinner

- Spinach and paneer (cottage cheese) curry served with whole wheat roti (Protein: 35g, Carbs: 35g, Fat: 10g)



DAY 6 PLAN

OPTIONS TO STAY FIT

Meal 1: Breakfast

- Protein-rich vegetable smoothie with spinach, kale, cucumber, celery, and plant-based protein powder (Protein: 25g, Carbs: 20g, Fat: 5g)



Meal 2: Mid-Morning Snack

- 1 orange with a handful of almonds (Protein: 5g, Carbs: 15g, Fat: 10g)



Meal 3: Lunch

- Rajma (kidney bean) curry with brown rice and mixed vegetable salad (Protein: 25g, Carbs: 40g, Fat: 5g)

Meal 4: Dinner

- Tofu and vegetable stir-fry with soba noodles (Protein: 30g, Carbs: 40g, Fat: 10g)



DAY 7 PLAN

OPTIONS TO STAY FIT

Meal 1: Breakfast

- Protein-rich moong dal (green gram) Chilla (pancake) with mint chutney (Protein: 20g, Carbs: 30g, Fat: 5g)



Meal 2: Mid-Morning Snack

- Greek yogurt with sliced kiwi (Protein: 15g, Carbs: 20g, Fat: 5g)



Meal 3: Lunch

- Vegetable biryani made with mixed vegetables and tofu (Protein: 30g, Carbs: 45g, Fat: 10g)

Meal 4: Dinner

- Palak paneer (spinach and cottage cheese curry) with quinoa (Protein: 35g, Carbs: 35g, Fat: 10g)

