



# Zeus - Prahladnagar

206-208 Venus Atlantis, Near Shell Petrol Pump, Prahaladnagar,  
Prahaladnagar, Ahmedabad - 380015



**33513 - Ujjawal Goyal**

Male

24 Yrs.

## Diet Consultation Form - 05-Mar-2024

Filled Up By: Parul Sanghavi

### Diet Consultation

Weight

55.3

Fat %

8.1

BMI

17.7

Height

177

Fat Free Mass

Comments

Muscle Gain

### Diet Plan

Meal 1 Timing

6 AM (Pre-Workout)

Meal 1

1 Glass Milk or 1 Banana or Dry-Fruits

Meal 2 Timing

8 AM (Post-Workout)

Meal 2

3 Boiled White Egg or 1 Bowl Sprouts

Meal 3 Timing

10 AM

Meal 3

1 Fruit any (Apple/ Orange/ Pineapple/ Water-Melon/ Pomegranate)

Meal 4 Timing

12:30 PM

Meal 4

3-4 Roti + Veg. + 1 Bowl (THICK) Dal + Buttermilk + Salad

Meal 5 Timing

4 PM

Meal 5

1 Glass Milk + 1 Banana

Meal 6 Timing

6 PM

Meal 6

1 PEanut Butter Sandwich or 1 Bowl Sprouts or Roasted Chana or Dry-Fruits

Meal 7 Timing

8 PM

Meal 7

3-4 Boiled White Egg Omelette (Olive Oil) or 1 Bowl (Rajma + Brown Rice) or 1 Bowl Oats With Paneer

Meal 8 Timing

10:30 PM

Meal 8

1 Glass Milk

Name Of Dietician

Jay Acharya

Pre - Workout and Post Workout

No Junk Food, No Sweet Product, Water Intake High

**Signature** \_\_\_\_\_