



TAKE CHARGE

EVERYDAY FITNESS



NAME OF THE CLIENT:

Name: Sadhana

DATE:06/08

GOAL: Strength gain

MEAL AND TIMINGS	MENU	AMT
Upon Wake up	Crushed ginger with warm water	
Before workout	1 Date + 1 Green Tea	
Post workout	1 Scoop whey with water (On workout Days)	1 Omega 3
Bfast	2 idlis/ 1 Dosa with coconut chutney Or 1 Moong dal cheela with Vegetable	

Lunch 11Am - 12 pm	1 Apple + 100 gms Paneer + Sauteed veggies Or 1 Bowl Barley Khicdi with Vegetable + 1 Bowl Curd Or 1 Bowl Curry(Made of curd) Chawal + 1 Bowl Cucumber+ Carrot or 1 Ragi Chappati with 1 Bowl Green Mung/ Chickpeas /Soyabean + 1 Bowl Veggies	1 tbsp Fenugreek seeds
Evening 4-5pm	1 bowl Makhana Or 4 Pcs Plum + Handful Dry fruit Or Half scoop whey + 2 Digestive biscuits or Homemade chana bhel	Peanut butter- (Whole truth food)
Dinner 7-8 pm	1 Moong Dosa/Bhakri + 1 Bowl Pumpkin/Spinach/Methi + 1 Glass buttermilk Or 1 Bowl Paneer Salad Or 50 Gms Tofu /Paneer Bhurje with 1 Chappati	2 Calciferol/week +1 Omega 3 + 1 Zinfate
Before sleep	2 Pistchio + 2 Cashew nut	

DO

- 1, Use Filtered or cold press oil for cooking (Mustard, Groundnut, Ghee, Coconut and Olive Oil)
3. Do exercise for strength gain.
4. Focus on eating whole food
5. Eat enough protein to retain your muscle mass
- 6 After Dinner walk for 10-15 mins to stabilise your blood sugar level
7. Tea /Coffee Allowance in moderation is there(Avoid drinking immediately after meal)

DON'T

1. Don't go over your extra limit.
2. Don't Skip Meal.
3. Don't think for short term.

4. Don't eat processed and packaged Food.

INCLUDE CAULIFLOWER, SPINACH 15-20, CABBAGE 150GM, MINT LEAVES 20-30, CUCUMBER 2, ZUCCHINI 1, TOMATO 2, CHERRY TOMATOES 5-6, BABYCORN 3-4, SPRING ONION LEAVES, BEANS, CARROT 1-2, ANY OTHER GREEN VEGETABLES.

INCLUDE 3-4 Litres OF WATER IN A DAY

Sunny Gupta
9112322742