



NAME OF THE CLIENT:

Name: Ashwini Mali

DATE:07/08

GOAL: Strength gain + Fat loss

Training Goal :Improve overall health

MEAL AND TIMINGS	MENU	AMT
Upon Wake up	Warm water with ginger/mint (Acidity)	
Breakfast 8:30 Am	1 Small Bowl Poha/ Upma + 1 Whole egg + 1 Egg white Or 2 Idlis / 1 Dosa with coconut chutney + 1 Buttermilk Or 1 Bowl Museli with Banana + Milk/ Yoghurt	

Lunch 1pm-2 Pm	100 gms cooked rice (1 Medium bowl)/ 2 Chappati + 1 Bowl Dal + 1 Bowl green sabzi / 1 Bow Salad (Cucumber + Carrot) Or 1 Bowl rice with curd + 1 Bowl Veggies Or 2 Chappati with 2 Egg /Chicken curry/dry + 1 Cucumber	
Evening snacks 4- 6pm	Handful Dry fruits (Almonds + walnut) Or 1 Multigrain Sandwich (Peanut butter)/ Veg Sandwich Or 1 Bowl Roasted Makhana /Channa / 1 Amul Buttermilk	
Dinner 8-9 pm	1 chappati /Bhakri+ 50 gms paneer/ Soyabean + 1 Bowl Veggies/1 Cucumber Or 1 bowl Rice + Dal/ Khicdi + 1 Tbsp ghee Or 100 gms Paneer / Chicken grilled + 1 Bowl Sabzi	1 calciferol / week

DO,s

- 1, Use Filtered or cold press oil for cooking (Mustard, Groundnut, Ghee, Coconut)
3. Do exercise for strength gain.
4. Focus on eating salad /green veggies before lunch and dinner
5. Eat enough protein to retain muscles in breakfast,lunch and dinner
- 6 After Dinner walk for 10-15 mins to maintain your blood sugar level
7. Tea /Coffee Allowance in moderation is there(Avoid drinking immediately after meal).
8. Portion control is important.
9. Drink one Glass of water before having your meal.
10. Strength training is very important to gain muscles from stronger bones and better health.

DON'T'S

1. Don't be sedentary, move after every 1 hour during the day
2. Reduce processed, packaged Food and fried food
3. Don't think short term
4. Avoid skipping meals
5. Avoid checking weight everyday. Check your weight and measurement, empty stomach.

Grocery Planning one week in advance

List of items

- 1) Curd- dahi
- 2) Ginger
- 3) Green Vegetables- (Include - Cucumber+ Carrot)
- 4) Paneer(Homemade/Grocery)
- 5) Eggs
- 6) Soyabean
- 7) Brown /Multigrain bread
- 8) Makhana/Roasted Chana/popcorn -Snacks options
- 9) Museli -Yoga bar (Dmart)
- 10) Peanut butter
- 11) Amul Buttermilk
- 12) Fruits- Apple+ banana
- 13) Dry fruit- Almond + walnut
- 14) Calciferol- vitamin D(Supplement) essential for low vitaimin d

Remember no food is good or bad. It's about being mindful and eating balanced meal on most days.

If you fix your gut health you fix your health.

All the best !