



**NAME OF THE CLIENT:**

**Name:** Sagar

**DATE:**08/08

**GOAL:** Strength gain + Muscle gain

**Training Goal :**Improve overall health

MEAL AND TIMINGS	MENU	AMT
Upon Wake up	Warm water with ginger/cinnamon	
Breakfast 8:30 Am	1 Bowl Poha /Upma + 2 Whole egg Or 2 ildis with coconut chutney + 1 Glass Buttermilk Or 2 Slice brown bread with 1 Omelette	

<b>Lunch 1pm-2 Pm</b>	100 gms cooked rice (1 Medium bowl ) + 1 Bowl Dal + 1 Bowl green sabzi / 1 Bow Salad (Cucumber + Carrot)+ 1 Bowl Curd Or 2 Chappati with 50 gms Paneer /Chickpeas/Rajma + 1 Bowl Salad(Cucumber + carrot)	
<b>Before workout / Evening snacks 4- 6pm</b>	1 Apple / banana / 2 dates Or 1 Peanut butter Sandwich + 1 Black coffee	
<b>Dinner 8-9 pm</b>	100 gms cooked rice + 1 Bowl Dal + 2 eggs + 1 Bowl salad/ 1 Bowl veggies Or 1 Chappati + 2 Egg bhurjee + 1 Carrot/beetroot Or 1 Bowl Rice with 100 gms chicken Curry + 1 Bowl Cooked Cabbage /Spinach/methi	

### **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) Eggs/Chicken
- 3) Green Vegetables- (Include - Cucumber+ Carrot + Sprouts)
- 4) Paneer(Homemade/Grocery)
- 5) Brown /Multigrain bread
- 6) Peanut butter - whole truth food
- 7) Amul Buttermilk
- 8) Fruits- Apple+ banana

## **Note for you**

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

***Remember you are the influencer in your family. It all starts with you.***

***All the best !***