



NAME OF THE CLIENT:

Name: Gangadhar

DATE:08/08

GOAL: Strength gain + Muscle gain

Training Goal :Improve overall health

MEAL AND TIMINGS	MENU	AMT
Upon Wake up	Warm water with lemon	
Breakfast 8:30 Am	1 Paneer paratha with Curd Or 1 Bowl Poha /Upma + 2 Whole egg Or 1 Bowl Oats /Muslei with milk + 1 Banana	

Lunch 1pm-2 Pm	100 gms cooked rice (1 Medium bowl) + 1 Bowl Dal + 1 Bowl green sabzi / 1 Bow Salad (Cucumber + Carrot) Or 2 Chappati with 50 gms Paneer /Chickpeas/rajma + 1 Bowl veggies + 1 Cucumber	Add 1 Glass buttermilk
Before workout / Evening snacks 4- 6pm	1 Apple / banana Or 1 Peanut butter Sandwich Or Cheese Sandwich	
Dinner 8-9 pm	1 Bowl Rice + Dal + 1 bowl sabzi + 1 Tbsp ghee + 1 Bowl Curd Or 2 Paratha + 1 Bowl Sabzi + 2 Eggs Or 2 Chappati + 1 Bowl Paneer Bhurjee/gravy +1 cucumber	
Before sleep	1 Cube Dark Chocolate	

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) Oats/Muslei
- 3) cheese
- 4) Green Vegetables- (Include - Cucumber+ Carrot + Sprouts)
- 5) Paneer(Homemade/Grocery)
- 6) Brown /Multigrain bread
- 7) Peanut butter - whole truth food
- 8) Amul Buttermilk
- 9) 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.

Exercise is the only medicine to fix your strength.

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

All the best !