



NAME OF THE CLIENT:

Name: Nagaraj

DATE:08/08

GOAL: Strength gain + Fat loss

Training Goal :Improve overall health and fix joint health

MEAL AND TIMINGS	MENU	AMT
Upon Wake up	Warm water with ginger /cinnamon	
Breakfast 8:30 Am	1 Small Bowl Poha/ Upma + 2 whole egg Or 1 Dosa /2 ildis with coconut chutney + 2 eggs Or 1 bowl Museil with 1 cup milk/yoghurt	

Lunch 1pm-2 Pm	100 gms cooked rice (1 Medium bowl) + 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 50 gms Paneer /Chickpeas/rajma + 1 Bowl veggies + 1 Cucumber	Add 1 Glass buttermilk
Before workout Evening snacks 4- 6pm	1 Apple / banana or 2 Walnut + 4 Almonds + resins Or 1 tbsp Peanut butter + 1 banana	
Dinner 8-9 pm	1 Chappati /Bhakri+ 50 gms paneer/2 egg bhurjee + 1 Bowl Veggies/1 Cucumber Or 1 Bowl Rice + Dal + 1 cucumber + 1 Tbsp ghee Or 1 Chappato with 1bowl Tofu /Soyabean Sabzi + 1 Bowl Cucumber + tomato Or 1 Bowl Vegetable Daliya	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 + Sprouts)
- 4) Paneer(Homemade/Grocery)/ Tofu
- 5) Eggs
- 6) Dry fruits
- 7) Musele- Yoga bar (dmart)
- 8) Brown /Multigrain bread
- 9) Peanut butter - whole truth food
- 10) Amul Buttermilk
- 11) Fruits- Apple+ banana
- 12) 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.

Exercise is the only medicine to fix your strength.

All the best !