



**NAME OF THE CLIENT:**

**Name:** Parvathy

**DATE:**07/08

**GOAL:** Strength gain + Fat loss

**Training Goal :** Reduce stiffness

MEAL AND TIMINGS	MENU	AMT
Upon Wake up	Warm water with lemon/ ginger	
Breakfast 8:30 Am	1 Small Bowl Poha/ Upma + 1 glass buttermilk Or 2 Idlis with coconut chutney + 1 Tbsp pumpkin seeds Or 1 Paratha with 1 Bowl curd	

<b>Lunch 12pm-1 Pm</b>	100 gms cooked rice (1 Medium bowl ) + 1 Bowl Dal + 1 Bowl green sabzi / 1 Bow Salad (Cucumber + Carrot) Or 1 Chappati + Chickpeas(Cholay)/ rajma + 1 Bowl green Sabzi Or 1 Bowl rice + 1 Bowl Curd + 1 Bowl Sabzi /India salad(cucumber + Tomato)	
<b>Evening Sancks 4pm-6pm</b>	Mixed Dry fruits (almonds + walnut + Resins) Or 1 Multigrain Sandwich (Peanut butter) Or 2 Digestive biscuits Or 1 Apple / 2 Plum	
<b>Dinner 8-9 pm</b>	1 chappati /Bhakri+ 50 gms paneer / Soyabean/Dal/Sprouts sabzi + 1 Bowl Veggies/1 Cucumber Or 1 bowl Rice + Dal/ Khicdi + 1 Tbsp ghee + 1 Bowl Veggies	1 calciferol / week
	1 cube Dark chocolate before sleep	

### 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) Soyabean+ rajma+ Chickpeas
- 6) Brown /Multigrain bread
- 7) Khakra + Makhana /Digestive biscuits
- 8) Peanut butter
- 9) Amul Buttermilk
- 10) Fruits- Apple+ banana + Plum
- 11) Dark Chocolate
- 12) Calciferol- vitamin D(Supplement) essential for low vitamin d

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

***Consistency is a reason because of being perfect. This is difficult. You will have good days and bad days but the ability to come back on most days will get you results in long run.***

***All the best !***