



NAME OF THE CLIENT:

Name: Pratik

DATE:08/08

GOAL: Strength gain + fat loss

Training Goal :Improve overall health

MEAL AND TIMINGS	MENU	AMT
Upon Wake up	Warm water with ginger /Cinnamon	
Breakfast 8:30 Am	1 small bowl Poha/upma/2 ildis + 2 whole egg Or 1 bowl Muslei with milk + Curd Or 1 Banana with Curd	

Lunch 1pm-2 Pm	2 Chappati + 1 Bowl Dal + Sabzi + 1 Bowl Curd + 1 Cucumber or 1 medium bowl cooked rice + 1 Bowl Dal + 1 Bowl green sabzi / 1 Bow Salad (Cucumber + Carrot)+ 1 Glass buttermilk Or 2 Chappati + 50 gms paneer Bhurjee/gravy/ Sprouts Bhaji + 1 Cucumber	
Before Workout/ Evening snacks 4- 6pm	1 Apple / banana Or 1 Peanut butter sandwich Or 2 dates + 1 Green tea	
Dinner 8-9 pm	1 Chappati/1 Bhakri +1 Bowl Methi/Palak/cabbage + 1 Cucumber + 2 eggs Or 1 Small Bowl rice + Dal + 1 Tbsp Ghee + 1 Bowl Bhaji Or 100 gms chicken /paneer + 1 Chappati + 1 Cucumber	

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

Note for you

Fiber intake and protein is important to maintain stable blood sugar level.

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 !