



**NAME OF THE CLIENT:**

**Name: Ravikant Patil**

**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 Whole eggs Or 2 idlis/ 1 Dosa + 1 Glass buttermilk Or 1 Apple + 2 Eggs/1 Buttermilk Or 1 Bowl Sabudana khicdi + 1 Cucumber	

<b>Lunch 1pm-2 Pm</b>	<p>1 medium bowl cooked rice + 1 Bowl Dal + 1 Bowl green sabzi / 1 Bowl Salad (Cucumber + Carrot)+ 1 bowl Curd</p> <p>Or</p> <p>2 Chappati + 1 Bowl Dal + Sabzi + 1 glass buttermilk + 1 Bowl Sabzi/Cucumber</p> <p>Or</p> <p>2 Chappati + 2 Egg bhurji/ Sprouts Bhaji + 1 Cucumber</p>	
<b>Pre-Workout/ Evening Snacks 4-6 pm</b>	<p>1 Apple / banana</p> <p>Or</p> <p>Handful Dry Fruits</p> <p>Or</p> <p>1 peanut butter sandwich</p>	
<b>Dinner 8-9 pm</b>	<p>2 Chappati + 1 Bowl Dal/2 egg curry + 1 Green Vegteable /1 Cucumber</p> <p>or</p> <p>1 Bhakri +1 Bowl Methi/Palak/cabbage + 1 Bowl Curd +1 Cucumber</p> <p>Or</p> <p>1 Bowl Rice + Dal/Khicdi + 1 Tbsp Ghee + 1 Cucumber</p>	

### **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/
- 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
- 9) 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 !***