



NAME OF THE CLIENT:

Name: Sagar

DATE:08/08

GOAL: Strength gain + Muscle gain

Training Goal :Improve overall health

MEAL AND TIMINGS	MENU	AMT
Upon Wake up	Warm water with ginger/cinnamon	
Breakfast 8:30 Am	1 Bowl Poha /Upma + 2 Whole egg Or 1 Bowl Oats/Museli with Milk /Yoghurt Or 2 ildis with coconut chutney + 3 egg white	

Lunch 1pm-2 Pm	150 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 Salad(Cucumber + carrot) Or 1 Bowl Rice + 1 Bowl Chicken /Fish Curry+ 1 Bowl green veggies/ 1 Cucumber	
Before workout / Evening snacks 4- 6pm	1 Apple / banana Or 1 Peanut butter Sandwich + 1 Black coffee	
Dinner 8-9 pm	100 gms cooked rice + 1 Bowl Dal + 2 eggs + 1 Bowl salad Or 2 Pcs Tandoori Grilled chicken / Fish + 1 Bowl Veggies / 1 cucumber Or 1 Chappati + 2 Egg bhurjee + 1 Carrot/beetroot Or 1 Bowl Rice with Fish curry + 1 Bowl Cooked Cabbage /Spinach	

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 - Yofga bar
- 3) Eggs
- 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
- 10) Dry fruits
- 11) Calciferol -vitamin d

Note for you

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 !