



NAME OF THE CLIENT:

Name: Sangam Warke

DATE:08/08

GOAL: Strength gain

Training Goal :Improve overall holistic health

MEAL AND TIMINGS	MENU	AMT
Upon Wake up	Warm water with Cinnamon /ginger	
Breakfast 8:30 Am	1 Small bowl Poha/upma + 2 Whole eggs Or 1 Bowl Oats/ Museli with Yoghurt Or 2 idlis + 1 Egg white + 1 Whole egg Or 1 Bowl Sprouts/ Chanaa with tomato /Cucumber	

Lunch 1pm-2 Pm	1 medium bowl cooked rice + 1 Bowl Dal + 1 Bowl green sabzi / 1 Bowl Salad (Cucumber + Tomato)+ 1 bowl Curd Or 2 chappti + 2 egg Bhurjee + 1 Cucumber/Beetroot or 2 Chappati + 1 Bowl Dal/Chicken/curry + Sabzi + 1 Bowl Sabzi/Cucumber	
Evening Snacks 4-6 pm(Before Workout)	1 peanut butter Sandwich/Cheese Sandwich Or 1 Apple/ 1 Banana / 2 dates	
Dinner 8-9 pm	1 Bhakri + 1 Bowl Dal/Sprouts Sabzi/ 50 gms paneer + 1 Green Vegteable /1 Cucumber Or or Qunnoa Khicdi + 1 Tbsp Ghee + 1 Cucumber Or 100 gms chicken Grilled/Gravy + 1 Bowl vegeable + 1 Small Potion rice / Rice Chappati	
Before sleep	2 Pistas or walnut	

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) Eggs/Chicken
- 4) Museli -Yoga Bar
- 5) Brown /Multigrain bread
- 6) Amul Buttermilk
- 7) Fruits- Apple+ banana
- 8) Dry fruit
- 9) Peanut Butter (Whole Truth food)
- 10) Dry fruits(almonds + walnut)

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.

Your physical health has a lot to do with how you feel.

All the best !