



**NAME OF THE CLIENT:**

**Name:** Sarita Singh

**DATE:**08/08

**GOAL:** Strength gain + fat loss

**Training Goal :**Improve overall health

MEAL AND TIMINGS	MENU	AMT
Upon Wake up	Warm water with giner/cinnamon	
Breakfast 8:30 Am	1 Bowl Poha /Upma + 2 Whole egg Or 1 Bowl Oats /Muslei with milik /Yoghurt Or 2 idlis/1 Dosa with coconut chutney + 1 buttermilk	

<b>Lunch 1pm-2 Pm</b>	100 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 veggies + 1 Cucumber Or 1 Bowl Rice with chicken/fish curry + 1 bowl veggies	<b>Add 1 Glass buttermilk</b>
<b>Before workout / Evening snacks 4- 6pm</b>	1 Apple / banana Or 1 Peanut butter Sandwich Or Handful Dry fruits(Almonds + walnut ) + 1 Green tea	
<b>Dinner 8-9 pm</b>	1 Bowl Rice + Dal + 1 bowl sabzi + 1 Tbsp ghee + 1 Bowl Curd Or 1 Chappati+ 1 Bowl sprouts/black chana + 1 Cucumber Or 1 Chappati with ragi flour(Optional) + 2 Egg Curry/1 Bowl Paneer Bhurjee+1 cucumber Or 100 gms Chicken grilled or gravy + 1 Bowl veggies/ 1 Cucumber	
<b>Before sleep</b>	1 Cube Dark Chocolate/ 2 Pistachio	

### **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
- 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

### **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 !***