



NAME OF THE CLIENT:

Name: Shubham

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 small bowl Poha/upma + 2 whole egg Or 1 bowl Sabudana Khicdi + 1 Egg white + 1 Whole egg Or 1 bowl Oats/museli with milk + banana	

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

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) Cheese slice
- 4) Eggs/Chicken
- 5) Paneer(Homemade/Grocery)
- 6) Brown /Multigrain bread
- 7) Peanut butter - whole truth food
- 8) Amul Buttermilk
- 9) Fruits- Apple+ banana
- 10) 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 !