



NAME OF THE CLIENT:

Name: Surubhi Agarwal

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 Paneer paratha/Sandwich Or 1 Dosa /2 ildis with coconut chutney + 1 Glass buttermilk Or 1 bowl Museil with 1 cup milk/yoghurt + Add plum /Resins | |

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|---|--|-------------------------------|
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| Lunch 1pm-2 Pm | 100 gms cooked rice (1 Medium bowl) + 1 Bowl Dal + 1 Bowl green sabzi / 1 Bow Salad (Cucumber + Carrot) Or 1 bowl rice with Curd + 1 Bowl veggies Or 2 Chappati with 50 gms Paneer /Chickpeas/rajma + 1 Bowl veggies + 1 Cucumber | Add 1 Glass buttermilk |
| Before workout / Evening snacks 4- 6pm | 1 Apple / banana or 2 Walnut + 4 Almonds + resins+ 1 green tea Or 1 Peanut butter Sandwich | |
| Dinner 8-9 pm | 1 Chappati with ragi flour + 50 gms paneer Sabzi /Bhurjii + 1 Bowl Veggies/1 Cucumber Or 1 Bowl Rice + Dal + 1 cucumber + 1 Tbsp ghee + 1 Bowl Curd Or 1 Bowl Sprouts salad with kidney beans Or 1 Chappati with 1bowl Tofu /Soyabean Sabzi + 1 Bowl Cucumber + tomato | 1 calciferol / week |
| Before sleep | 1 Cube Dark Chocolate | |

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) Ginger
- 3) Green Vegetables- (Include - Cucumber+ Carrot + Sprouts)
- 4) Paneer(Homemade/Grocery)/ Tofu
- 5) Dark Chocolate
- 6) Dry fruits
- 7) Museli- Yoga bar (dmart)
- 8) Brown /Multigrain bread
- 9) Peanut butter - whole truth food
- 10) Amul Buttermilk
- 11) Fruits- Apple+ banana + Plum
- 12) Calciferol- vitamin D(Supplement) essential for low vitaimin d

Remember no food is good or bad. It's about being mindful and eating balanced meal on most days.

Exercise is the only medicine to fix your strength.

All the best !