



NAME OF THE CLIENT:

Name: Tukaram

DATE:07/08

GOAL: Strength gain + Fat loss

MEAL AND TIMINGS	MENU	AMT
Upon Wake up	Warm water with lemon	
Breakfast 8:30 Am	1 Small Bowl Poha/ Upma /2 Ildis + 2 Whole egg Or 1 Apple/1 banana + 2 Eggs	
Lunch 12pm-1 Pm	100 gms cooked rice (1 Medium bowl) + 1 Bowl Dal + 1 Bowl green sabzi + 1 Bow Salad (Cucumber + Carrot) Or 2 Chappati + 1 Bowl cooked green Sabzi + 1 Bowl Curd/ buttermilk	

Evening Sancks 4pm-6pm	Mixed Dry fruits (almonds + walnut + Resins) Or 1 Sandwich (Peanut butter)/ 1 Buttermilk	
Dinner 8-9 pm	1 Bhakri/chappati + 1 Bowl Chicken curry / 2 egg bhurjee /curry / 1 bowl Kadhi + 1 Bowl Sabzi /Salad(Cucumber + tomato) Or 1 Bowl Khicdi added with vegetable + 1 Tbsp ghee + 1 cucumber Or 1 Chappati + 1 Bowl Sprouts Sabzi	

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 stabailise 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

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 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)
- 4) Eggs/ Chicken
- 5) Brown bread
- 6) Peanut butter
- 7) Amul Buttermilk

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

All the best !