



**NAME OF THE CLIENT:**

**Name: Vaishnavi Kharpade**

**DATE:08/08**

**GOAL: Strength gain + fat loss**

**Training Goal :Improve overall health**

| MEAL AND TIMINGS  | MENU  | AMT |
|-------------------|---|-----|
| Upon Wake up      | Warm water with Cinnamon /lemon   |     |
| Breakfast 8:30 Am | 1 Small bowl Poha/upma + 1 Cucumber<br>Or<br>1 Bowl Oats/ Museli with Yoghurt<br>Or<br>1 Paneer Sandwich<br>Or<br>1 Bowl Sprouts/ Chana |     |

|                              |   |  |
|------------------------------|---|--|
|                              |   |  |
| <b>Lunch 1pm-2 Pm</b>        | 1 medium bowl cooked rice + 1 Bowl Dal + 1 Bowl green sabzi / 1 Bowl Salad (Cucumber + Tomato)+ 1 bowl Curd<br>Or<br>2 Chappati + 1 Bowl Dal + Sabzi + 1 glass buttermilk + 1 Bowl Sabzi/Cucumber |  |
| <b>Evening Snacks 4-6 pm</b> | 1 Bowl Makhana /1 Bowl Roasted Chana<br>Or<br>1 peanut butter Sandwich/Cheese Sandwich<br>Or<br>1 Apple<br>Or<br>Handful Dry Fruits   |  |
| <b>Dinner 8-9 pm</b>         | 1 Chappati + 1 Bowl Dal/Sprouts Sabzi + 1 Green Vegteable /1 Cucumber<br>Or<br>or<br>1 Bowl Rice + Dal/Khicdi + 1 Tbsp Ghee + 1 Cucumber<br>Or<br>1 Bowl Vegetabel daliya<br>Or<br>Pumpkin soup   |  |
|                              |   |  |

### **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) Makhana/Chanaa
- 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.***

***Gut health is the key for your fitness journey***

***All the best !***