



NAME OF THE CLIENT:

Name: Rutuja Danke

DATE: 13/08

GOAL: Strength gain + fat loss

Training Goal : Improve overall holistic health

MEAL AND TIMINGS	MENU	AMT
Upon Wake up	Warm water with Cinnamon / mint	
Breakfast 8:30 Am	1 Small bowl Poha/upma / 2 ildis + Cucumber /1 Glass butter milk Or 1 Paneer Paratha/Moong Cheela Or 1 Bowl Sprouts with tomato + peanuts	

Lunch 1pm-2 Pm	<p>1 medium bowl cooked rice + 1 Bowl Dal + 1 Bowl green sabzi / 1 Bowl Salad (Cucumber + Tomato)+ 1 bowl Curd</p> <p>Or</p> <p>2 chappti/ 1 Small bowl Cooked rice + Black chana sazbi/1 bowl Rajma + 1 Cucumber/Beetroot</p> <p>Or</p> <p>1 Bajra Khicdi with Vegeatble (Carrot + Peas)</p>	
Before workout) 4-6 pm	<p>1 peanut butter Sandwich/ Cheese Sandwich</p> <p>Or</p> <p>1 Apple/ 1 Banana</p> <p>Or</p> <p>2 walnut + 4 almonds + 1 Green tea</p>	
Dinner 8-9 pm	<p>1 Bhakri + 1 Bowl Dal/Sprouts Sabzi +1 Green Vegetable /1 Cucumber</p> <p>Or</p> <p>1 Chappati + 50 gms Paneer/Soyabean + 1 Bowl Geen Vegetable + 1 carrot</p> <p>Or</p> <p>1 Bowl Khicdi + 1 Tbsp Ghee + 1 Cucumber</p> <p>Or</p> <p>1 bowl Upma with 1 Bowl Curd + 1 cucumber</p>	

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) Paneer
- 4) Brown /Multigrain bread
- 5) Amul Buttermilk
- 6) Fruits- Apple+ banana
- 7) Peanut Butter (Whole Truth food)
- 8) 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.

Your physical health has a lot to do with how you feel.

All the best !