



NAME OF THE CLIENT:

Name: Rohan Wagh

DATE: 13/08

GOAL: Strength gain + Muscle gain and fat loss

Training Goal :Improve overall holistic health

MEAL AND TIMINGS	MENU	AMT
Upon Wake up	Warm water with Cinnamon /Ginger	
Breakfast 8:30 Am	1 Small bowl Poha/upma / 2 idlis + 1 Whole egg + 2 Egg white Or 2 Multigrain bread with 2 egg omelette Or 1 Bowl Sprouts /Black chana with tomato + peanuts	

<b>Lunch 1pm-2 Pm</b>	<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 bowl Rajma /Chickpeas+ 1 Cucumber/Beetroot</p> <p>Or</p> <p>1 Bowl Dal + 1 Apple + 2 eggs + 1 Cucumber</p>	
<b>Evening Snacks Pre-Workout</b>	<p>1 peanut butter Sandwich</p> <p>Or</p> <p>1 Apple/ 1 Banana</p> <p>Or</p> <p>1 Beetroot + 2 Walnut</p>	
<b>4-6 pm</b>		
<b>Post workout</b>	2 Egg whites	
<b>Dinner 8-9 pm</b>	<p>1 Chappati with 150 Gms Chciken/ 100 gms Paneer = 1 Bowl veggies</p> <p>Or</p> <p>1 Bowl Khicdi + 1 Tbsp Ghee + 1 Cucumber + Glass Buttermilk</p> <p>Or</p> <p>1 Chappati + 2 Egg Bhurjee</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) Eggs
- 3) Chicken
- 4) Green Vegetables- (Include - Cucumber+ Carrot + Sprouts + beetroot)
- 5) Paneer
- 6) Brown /Multigrain bread
- 7) Amul Buttermilk
- 8) Fruits- Apple+ banana
- 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.***

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

***All the best !***