



NAME OF THE CLIENT:

Name: Jayaprakash

DATE: 13/08

GOAL: Strength gain

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 + 2 Whole egg Or 2 Slice Bread with omelette Or 1 Bowl Sprouts /Black chana with tomato + peanuts | |

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| 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 bowl Rajma /Chickpeas+ 1 Cucumber/Beetroot</p> <p>Or</p> <p>1 Bowl Khicdi + 1 Bowl Curd + 1 Bowl Vegetable + 1 Egg</p> | |
| Evening Snacks 4-6 pm | <p>1 peanut butter Sandwich</p> <p>Or</p> <p>1 Apple/ 1 Banana / 1 Guava</p> <p>Or</p> <p>Handful Dry fruits</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 +100 Gms chicken/ 50 gms Paneer/Soyabean + 1 Bowl Geen Vegetable + 1 carrot</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> | |
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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 !