



TAKE CHARGE

EVERYDAY FITNESS



NAME OF THE CLIENT:

Name: Amit

DATE: 21/09

GOAL: fat loss +Strength gain

MEAL AND TIMINGS	MENU	AMT
Upon Wake up	Crushed Ginger/1 Tea spoon cinnamon in warm water	
Before workout	2 Walnut + 1 Green tea	
Breakfast 9:30am	2 Multigrain Toast + 1 Egg white + 1 Whole egg Or 2 Moong Dal Cheela with 1 cucumber Or 1 Small Bowl Poha / 2 Idlis with Chutney + 1 Glass Buttermilk / 2 Eggs	

	1 Coconut water	
Lunch 1:30 pm	2 Fulka Mixed with ragi + 1 Bowl Tofu / Rajma + 1 Bowl Cucumber + tomato Salad Or 1 Bowl Rice + 1 Bowl Dal + 1 Tbp ghee + 1 Bowl Salad Or 1 Bhakri + Soyachunks/Besan Curry with curd + 1 Bowl Green veggies	
Evening Snacks 5-6 pm	1 Sandwich (Cucumber + Tomato) with chutney Or 1 Peanut butter sandwich Or 1 Apple / 1 Bowl Pomegranate + Handful dry fruits Or Veg Wrap (paneer) /Chana Bhel - (If eating outside)	
Dinner 8:30 - 9:30 pm	1 Chappati + 100 gms Paneer with Peas/Spinach/Bhurjee + Sauteed veggies Or 1 Nachini + 1 Bowl Black Chana / 1 Bowl Dal + 1 Bowl Salad (Cucumber + tomato + Carrot) Or 1 Bowl Paneer Pulao with Vegetable+ raita (Optional)	1 Calciferol/week
	1 Cube Dark Chocolate	

DO

- 1, Use Filtered or cold press oil for cooking (Mustard, Groundnut, Ghee, Coconut and Olive Oil)
3. Do exercise for strength gain.
4. Focus on eating whole food
5. Eat enough protein to retain your muscle mass
- 6 After Dinner walk for 10-15 mins to stabilise your blood sugar level
7. Tea /Coffee Allowance in moderation is there(Avoid drinking immediately after meal)

DON'T

1. Don't go over your extra limit.

2. Don't Skip Meal.
3. Don't think for short term.
4. Don't eat processed and packaged Food.

INCLUDE CAULIFLOWER, SPINACH 15-20, CABBAGE 150GM, MINT LEAVES 20-30, CUCUMBER 2, ZUCCHINI 1, TOMATO 2, CHERRY TOMATOES 5-6, BABYCORN 3-4, SPRING ONION LEAVES, BEANS, CARROT 1-2, ANY OTHER GREEN VEGETABLES.

INCLUDE ANTIOXIDANTS LIKE ONION, GARLIC, GINGER, CLOVE, METHI SEEDS, JEERA, BLACK SALT

INCLUDE 3-4 Litres OF WATER IN A DAY

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