



TAKE CHARGE

EVERYDAY FITNESS



NAME OF THE CLIENT:

Name: Simran

DATE: 24/09

GOAL: Holistic well-being

MEAL AND TIMINGS	MENU	AMT
Upon Wake up	1 Tea Spoon Cinnamon with warm water/ Crushed ginger with warm water	
Before workout	1 Black coffee + 2 WALNUT	
Breakfast 9:30am	2 Idlis with coconut chutney + 2 Egg whites Or 1 Spinach/beetroot Partha + 1 Bowl Curd Or 1 Sour Dough /Multigrain bread + 1 Egg white + 1 Whole egg + 1 Capsicum	1 Tbsp Flax seeds

Mid Snack	1 Kiwi / 1 Dragon fruit	
Lunch 1-2:00 pm	1 Jowar/Ragi Chappati + 1 Bowl Dal + 1 Bowl Green Vegetable Salad/ Sabzi + 1 Glass Buttermilk Or 1 Bowl Millet Khicdi with vegetables + 1 Egg Or 1 Small Bowl Rice + 1 Bowl Dal + 1 Bowl Sauteed Vegetable Or 2 Whole eggs + 1 Bowl Spinach	1 Tbsp Soaked fenugreek seed
Evening Snacks 5-6 pm	1 Peanut butter sandwich Or 1 Subway Or 1 Greek Yohurt + 1 Apple Or Handful Dry fruits(1 Brazil Nut) / 1 Whole truth protein bar	2 Ajwa Dates
Dinner 8:00-9:30 pm	100 gms cooked rice with Chicken + Broccoli meat ball/ 2 Egg curry + 1 Bowl Sauteed veggies Or 1 bowl Paneer/Chicken Pulao + Cucumber + Raita (Qty -100 Gms) Or 2 Pcs Grilled Fish (Rohu/ Seer/ Tilapia) + Sauteed veggies	1 Calciferol/week 1 Tsbp Flax seeds 1 Zinfate post meal
	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

**Sunny Gupta
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