



# TAKE CHARGE

EVERYDAY FITNESS



NAME OF THE CLIENT:

Name: Jolina

DATE: 26/09

GOAL: Strength gain+Fat loss

MEAL AND TIMINGS	MENU	AMT
Upon Wake up	Crushed curriculum/ ginger in warm water	
Before workout	1 Green tea / 1 Black coffee + 1 Tbsp Coconut oil (Optional)	
Breakfast 8-9:00am	3 egg white + 1 Capsicum + 2 Walnut Or 1 Bowl Boiled Potato + Eggs omllette with Veggies Or 1 Bowl Greek Yoghurt + 1 Apple Or 2 Idlis with 2 Whole eggs	1 Becasule(Bcomplex)  <b>Three options for breakfast.</b> <b>1 Omega 3</b>

Mid Afternoon	1 Apple	
Lunch 1-1:30 pm	2 Fish Fry (Shallow)/Gravy + 1 Bowl Rice + 1 Bowl Sabzi Or 1 Chappati + 100 gms chicken + Mixed veggies salad/ Cucumber + tomato + Carrot Or 1 Bowl Rice + 1 Bowl Dal + 2 Eggs + 1 Cucumber	
Evening 5-6 pm	1 Green Tea/ coffee/ 1 Protein Bar (Whole truth)	
Dinner 8:30-9:30 pm	100 gms grilled chicken/paneer + 1 Chappati + 1 Bowl Green veggies Or 1 Chappati + 1 Bowl Soya bean chunks + 1 Carrot/Cucumber Or 1 Bowl Rice + 1 bowl Chicken curry + 1 Bowl dal + 1 Bowl Curd /Veggies	1 Calciferol/week + 1 Zinfate (zinc) +1 Omega 3

### 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, BABY CORN 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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