



TAKE CHARGE

EVERYDAY FITNESS



NAME OF THE CLIENT:

Name: Simran

DATE:30/09

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 / 1 pinch pink salt with water (On workout days- Alternate days)	
Breakfast 9:30am	Overnight soaked Chia seed with coconut milk + 1 Tbsp Peanut butter + 1 Fruit (your choice)- Seasonal 2 Idlis with coconut chutney + 2 Egg whites Or 1 Sour Dough /Multigrain bread + 1 Egg white + 1 Whole egg + 1 Capsicum Or 1 Bowl Museli with 1 Cup milk /1 Cup yogurt + 4 Almond	1 Tbsp Flax seeds + 1 Calciferol (Post breakfast)

Mid Snack	1 Coconut water	
Lunch 1-2:00 pm	<p>1 Jowar/Ragi Chappati + 1 Bowl Dal + 1 Bowl Green Vegetable Salad/ Sabzi + 1 Glass Buttermilk</p> <p>Or</p> <p>1Bowl Rice + 1 Bowl Tur Dal + 1 Tbsp ghee + 1 Bowl Veggies</p> <p>Or</p> <p>2 Whole eggs + 1 Bowl Spinach</p> <p>Or</p> <p>2 Chappati + 100 Gms Paneer with gravy /Bhurjee/ 1 Bowl Rajma + 1 Bowl Lettuce /Cucumber Salad</p>	1 Tbsp Soaked fenugreek seed
Evening Snacks 5-6 pm	<p>1 Peanut butter sandwich/ 1 Avocado toast</p> <p>Or</p> <p>1 Greek Yoghurt + 1 Apple Or</p> <p>1 Whole truth Protein bar</p> <p>Or</p> <p>1 Cup Watermelon/ 1 Orange with Dry fruits</p> <p>Or</p> <p>2 Rice Crisp with peanut butter</p> <p>Or</p> <p>1 Omelette with 1 Cube cheese</p>	2 Ajwa Dates
Dinner 8:00-9:30 pm	<p>100 gms cooked rice with Chicken + Broccoli meat ball/ 2 Egg curry + 1 Bowl Sauteed veggies</p> <p>Or</p> <p>1 bowl Paneer/Chicken/Mutton Pulao + Cucumber + Raita (Qty -100 Gms)</p> <p>Or</p> <p>50 Gms cooked Rice + 100 gms Sauteed prawns + Sauteed veggies</p> <p>Or</p> <p>1 Quinoa Bowl with 2 eggs (Boiled quinoa cooked with Veggies and mustard tadka (optional))</p>	1 Zinfate post meal
	<p>1 Cup Saffron tea (with Cinnamon + Mint + lemon)</p> <p>1 Cube Dark Chocolate/</p>	

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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