



TAKE CHARGE

EVERYDAY FITNESS



NAME OF THE CLIENT:

Name: Ashutosh Shelke

DATE:01/10

GOAL: Strength gain+ Fat los- (Lipd profile)

MEAL AND TIMINGS	MENU	AMT
Upon Wake up	1 Tea Spoon Cinnamon with warm water / Crushed ginger with warm water	
Breakfast 9:30am	2 Multigrain Bread/ 1 Bowl Poha/Upma + 2 Egg omelette /scrambled Or 1 Bowl Oats with resins With Choice of milk(Half cup) + 2 egg white Or 1 Bowl Poha / Upma/ 2 Idlis + 1 Bowl Greek Yoghurt	1 Omega 3

Lunch 1 :30-2:30Pm	1Bowl Rice / 2 Chappati+ 1 Bowl Dal + 1 Bowl Veggies + 1 Bowl Curd + 1 Cucumber Or 2 Chappati + 2 Egg Curry + 1 Bowl Veggies Or 1 Bowl Rice + 100 gms Chciken/Fish + 1 Bowl Veggies	
Evening snacks 5-6 pm	1 Apple / 1 Banana Or 2 Walnut + 1 Green Tea/ Coffee	
Dinner 9-10 pm	1 Chappati + 100 gms chicken /50 gms paneer/1 Bowl Dal + Veggies Or 1 Bowl Khcidi + 1 Tbsp Ghee + 1 Bowl Salad Or 1 bowl Chicken /Mutton Soup Or 1 Paneer Sandwich with cucumber + tomato Or 1 Bowl Chicken biryani +with Cucumber raita(Once in a week)	1 Calciferol/week 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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