



TAKE CHARGE

EVERYDAY FITNESS



NAME OF THE CLIENT:

Name: Amit

DATE:20/11

GOAL: Strength gain+Fat loss

MEAL AND TIMINGS	MENU	AMT
Upon Wake up	Crushed currcumin in warm water / 1 tea spoon cinnamon 1 Tbsp (Apple Cider Vingear (Before meal)	
Breakfast 9:30am	Vegeatable Sandwich with capsicum + Cucumber + 1 Glass Butter Milk Or 4 Table spoon Sattu with water +1 Yoghurt Or 2 Egg white + 1 Whole egg + 1 Bowl Sauteed Veggies Or 1 Oats Cheela (Use Rice / Jowar flour for binding) Half scoop whey Protein with water	Medium Size bowl 1 Bowl Poemgranate/ 1 Apple (Twice a week) 1 omega 3

	1 coconut water	
Lunch 2:30 pm	<p>1Bowl Salad + Cooked Chole + Milltet Roti(Ragi/Jowar) + 1 Bowl Sabzi</p> <p>Or</p> <p>1 Bowl Rice with Palak Paneer + 1 Carrot + 1 Apple</p> <p>Or</p> <p>1 Bowl Curd Rice with 1 Bowl cooked moong with Cucumber salad</p> <p>Or</p> <p>2 Chappati +1 Bowl Tur Dal /SoyaChunks Sabzi + 1 Bowl Green Vegetable</p>	1 Orange / bowl Poemgranate
Evening-Before workout	<p>1 Bowl Bhel with chana</p> <p>Or</p> <p>2 Pcs Khakra / 2 Pcs Dhokla / 2 Pcs Idli with chutney</p> <p>Or</p> <p>1 Peanut Butter Sandwich</p> <p>Or</p> <p>1 Veg Subway / 1 Egg roll / Egg bhurjee with 2 Slice Bread(if eating outside)</p> <p>Or</p> <p>1 Bowl Yoga Bar museli with half scoop whey with milk</p> <p>Or</p> <p>Handful dry fruits + Half scoop whey with water</p>	
Dinner 7:30 -8 pm	<p>100 gms paneer + 1 Big Bowl veggies / 1 Bowl Salad (Add one apple)</p> <p>Or</p> <p>1 Bowl Dal + 1/2 Bhakri / Dal Khcidi + 1 Tbsp Ghee + 1 Bowl lettuce salad</p> <p>Or</p> <p>1 Bowl Urad/Black gram dal /Lobiya + 1 Bowl Curd + 1 Carrot</p> <p>Or</p> <p>1 beasn Cheela with Cucumber raita</p>	<p>1 tbsp Apple cider vinegar (Before meal)</p> <p>(Allowance twice a week)</p> <p>1 Omega 3</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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