



TAKE CHARGE

EVERYDAY FITNESS



NAME OF THE CLIENT:

Name: Simran

DATE:24/11

GOAL: Holistic well-being

MEAL AND TIMINGS	MENU	AMT
Upon Wake up	1 Tea Spoon Cinnamon with warm water/ Crushed currcumin in warm water	
Before workout	2 dates / 2 walnut	
Breakfast 9:30am	Overnight soaked oats with coconut milk +Nuts + Seeds (Pumpkin seeds) Or Oats Uttapam with carrot + Capsicum + 1 Greek Yoghurt Or 2 Egg white + 1 Whole egg + Mushrooms + Bellpeppers Or 1 Smoothie (Strawberries+ 1 Small Banana + Half scoop whey +)	1 Tbsp Flax seeds + 1 Vitamin D 5000 mg 1 Omega 3

Mid Snack	1 Coconut water	
Lunch 1-2:00 pm	<p>Grilled Chicken /Home cooked chicken curry + 1 Bowl Rice + 1 Bowl</p> <p>Or</p> <p>1 Bowl Dal + 1 Bowl Bean/Beetroot Pacdi (Made of Curd)</p> <p>Or</p> <p>1 Paneer wrap (Made of Chappati Add lettuce + Tomato)</p> <p>Or</p> <p>Jowar Daliya /Khcidi + Cooked Rajma + 1 Bowl Salad</p>	1 Tbsp Soaked fenugreek seed
Evening Snacks 5-6 pm	<p>1) Strawberries with Greek Yoghurt + Half scoop whey</p> <p>2) 1 Omelette Sandwich</p> <p>3) Beetroot , tomato ,carrot Juice squeezed with lemon</p> <p>4) 1 Bowl Pomegranate/ 1 orange + 3 Egg white</p>	
Dinner 8:00-9:30 pm	<p>1 Bowl Palak /Mutter paneer + 1 Chappati (Add ragi) + 1 Cucumber</p> <p>Or</p> <p>Chicken Salad (Add Lettuce + Bellpeppers + Apple/Orange) with dressing -low fat mayo/mustard</p> <p>Or</p> <p>1 Moong dal dosa with 2 egg bhurjee + 1 Bowl veggies</p> <p>Or</p> <p>1 bowl Soup (Tomato + Lauki + Sweet Potato) + 1 cube Cheese + 1 Sour Dough Bread /Multigrain</p> <p>Or</p> <p>1 Bowl Chicken Pulao with Cucumber Raita</p>	1 Zinfate post meal + 1 Omega 3
	1 Cube Dark Chocolate	

- 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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