



# TAKE CHARGE

EVERYDAY FITNESS



NAME OF THE CLIENT:

Name: Debarati

DATE: 27/11

GOAL: Strength gain+Fat loss

MEAL AND TIMINGS	MENU	AMT
Upon Wake up	Crushed ginger in warm water / 1 tea spoon cinnamon in warm water	
Breakfast 8-9:30am	2 Whole eggs (omelette /Boiled/Half fry ) + 2 Slices Multigrain bread/ 1 Chappati Or 1 Oats Cheela with Curd (Oats Flour + 2 tsbp Wheat flour + 1 Capsicum + tomato) + 1 Bowl Curd Or 1 Apple / 1 Bowl Pomegranate + 1 Whole egg + 1 Egg white	Medium Size bowl

12 pm	1 coconut water	
<b>Lunch1- 2:30 pm</b>	1 Bowl Rice with Palak Paneer/ 2 Egg curry + 1 Carrot + 1 Apple Or 2 Chappati + 1 Bowl Chicken Curry + 1 Bowl Salad / Veggies Or 1 Bowl Rice + Dal + 1 Cucumber+ carrot	
<b>Evening-Snacks-5-7pm</b>	1 Bowl Bhel with chana Or 2 Pcs Khakra / 2 Pcs Dhokla / 2 Pcs Idli with chutney Or 1 Peanut Butter Sandwich Or 1 Egg roll <b>Or</b> 1 Bowl Yoga Bar museli with milk Or Handful dry fruits (Almonds + walnut + resins)	
<b>Dinner 8:30 - 10 pm</b>	2 Pcs Fish Curry with Rice (Medium bowl) + 1 Cucumber Or 1 Chappati + 2 Egg Bhurjee / 2 Pcs Boneless chicken (Grilled or Gravy) + 1 Bowl Veggies Or 1 Chappati /Small portion rice + Butter chicken + 1 Cucumber / 1 Bowl Chicken briyani + Cucumber raita/ 2 Pcs Tandoori Chicken ( <b>In case eating outside</b> )	Vitamin D - 5000 mg twice a week
	<b>Allowance for Dark Chocolate in between meals</b>	

## 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, BABYCORN 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**

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