

Name: **Laksh Mehtha**

Parent: **Pankaj M & Jyothi M**

Age - **7.5 years**

Height - **4.1 ft**

Weight - **20.5kg**

Food style - **Pure Vegetarian**

Sports activities during weekday's day time - **2.5 hours**

Sports activities during weekend's day time - **3.5 hours**

Target: **Muscle Gain & Balanced Diet**

Time	Menu	Quantity
Early morning 7.00 am – 7.30 am	Water • Milk – 100 ml	100 ml 100ml
Breakfast 8.00 am (Choose 1 from carbohydrate, 1 from protein and 1 micronutrient source)		
Carbohydrates	Protein	Micronutrients
<ul style="list-style-type: none"> • Vegetable Upma / Poha /Semia / Broken wheat upma (Daliya)- ¾th bowl • Idly- 2no / Vege idli / Rava idli/ Ragiidli – 2no • Plain dosa /Dal Dosa (Pesaratu) / Palakor Vegetable dosa/ Besan cheela – 2 no medium size . • Ragi / Vegetable Roti (Soft) – 1 medium • Paneer veg sandwich – 1 no 	<ul style="list-style-type: none"> <input type="checkbox"/> Curd – ½ cup <input type="checkbox"/> [1 Teaspoon – seeds / sprouts on top of Upmaor Poha] <input type="checkbox"/> Add paneer/ 1 cubecheese on Dosa <input type="checkbox"/> Add 2 teaspoon mixed dals powder / soya flourto dosa (optional) 	<ul style="list-style-type: none"> • Vegetable Sambar- 1cup. • Vegetable whole gramcurry- 1 cup. • Veg. Dal Chutney - 2teaspoon • Coriander & mint chutney – 2 tablespoon
Mid- Morning Snack (Choose anyone / day) – Paper cup measure		
<ul style="list-style-type: none"> • Fruit & pumpkin seeds / Walnuts – 1Katori 	<ul style="list-style-type: none"> • Sprouts & Pomegranate – 1 cup • Boiled channa chat /Green gram carrot kosumbri – ¾th cup. • sautéed Mushroom – 1cup • 2 pieces chikki 	<ul style="list-style-type: none"> • Fruit juice - 100ml(optional at home)

Lunch 1.00 pm)
(Choose 1 from carbohydrate, 1 from protein and 1 micronutrient source)

<ul style="list-style-type: none"> Rice / Jeera rice – 3/4th bowl Bisibelebhat / Paneer vege rice / 1 Potmeal – 3/4th bowl Phulka / Chapati – 2 no small Soft Multigrain / Jowar roti with vegetables – 1.5 medium Paratha - Multigrain / Paneer / Mixed veg / Carrot/ Beetroot / Gobi / Methi or Spinach – 1.5 medium size. 	<ul style="list-style-type: none"> Thick vegetable Dal /Rajma / chole – 1 katori Vegetable Sambar – 1 katori Sprouts with veges Chicken – 2 pieces Curd Raitha- 1 katori <p>OR Buttermilk – 150ml (Daily)</p>	<ul style="list-style-type: none"> Vegetable sabji – 1 katori <p>OR Veg. Salad – 1 katori</p>
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Evening snack (4.30 pm)
(Choose milk along with any 1 snack from these - Paper cup measure)

<ul style="list-style-type: none"> Sauteed paneer – 3/4th cup Flavoured makhana & seeds)– 1 cup Puffed rice and moong sprouts (1 teaspoon) with seeds 1 teaspoon (Bhel) – 1 Katori. <p>(Can divide milk and snack)</p>	<ul style="list-style-type: none"> Plain milk – 100ml Milk + Homemade protein powder (1 scoop- 100 ml) Fruit yogurt – 1 cup Protein granola bar – 1 no 	<ul style="list-style-type: none"> Tomato slice with moongsprouts and puffed rice- 1 Katori
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Dinner (8.30 pm) (Choose one from each group)

<ul style="list-style-type: none"> Plain Rice / Vegetable dal kichidi – 3/4th bowl / Broken wheat kichidi with green leafy vegetable OR Vegetables – 1/2 bowl Ragi / Wheat Dosa with veges – 2 no 	<ul style="list-style-type: none"> Thick Dal OR Greens dal – 1 katori Sambar / Rasam – 1 katori Paneer vege fry OR Bhurji – 1/2 katori 	<ul style="list-style-type: none"> Vegetable Sabji / curry– 1 katori
<p>Pre- Workout Fruit (Any fruit)</p>	<p>Post- workout (options)</p> <ul style="list-style-type: none"> Milkshake- 200ml Chocolate Milk -200ml Avocado Milk + Homemade protein powder 	

Note:

- **1 Bowl – 250-300 ml**
 - **1 Katori – 200 ml**
 - **1 Cup / paper cup – 100 gm**
 - **1 tablespoon – 15 gm**
 - **1 teaspoon – 5 gm**
1. **Fluid consumption** – 2 L / day.
 2. Minimum 1 fruit per day / 1 Katori - (Kiwi fruit / Apple/ Orange/ Musambi /Pomegranate /Watermelon/ Muskmelon/ Papaya / Small banana).
 3. Try to use 2-3 cups vegetables- in any form you like.
 4. 1 good quality protein has to be included in the meal (Egg white 3 no daily / soya flour, soya chunks,paneer, boiled grams, sprouts etc).
 5. Make sure to use 100 ml curd / buttermilk everyday (**Probiotics**).
 6. Thrice a week green leafy vegetable.
 7. Keep sprouts handy, and soaked whole grams available for snacking.
 8. Keep coriander and mint chutney handy (use – chats, sprouts, paneer, bread, parata, rolls, bhel etc.)
 9. Avoid OUTSIDE foods or junk- fries, fried chicken, fried food, pastries, bakery stuff, heavy gheesweets, ice creams etc.
 10. Avoid Processed (jams, jelly, marmalade, mayonnaise), packed foods (Biscuits, chips, farsan etc), readyto eat foods (Chocos, fries, cornflakes, oats etc.)
 11. Sleep on time – 7 hours of minimum sleep / day



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