

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**

Weed End Diet Plan (Saturday to Sunday)

| 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/ Ragi idli – 2no • Plain dosa /Dal Dosa (Pesaratu) / Palak or Vegetable dosa/ Besan cheela – 2 no medium size . • 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 flour to 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 (10.00 AM to 10.30 AM) (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 | <ul style="list-style-type: none"> • Fruit juice - 100ml(optional at home) • Vegetable soup 200ml (Brocoli/ Tomato / Vegetable & corn) • Tender coconut water |

| 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 Bisibele bhath / Paneer vege rice / 1 Potmeal – 3/4th bowl Phulka / Chapati – 2 small (palm size) Soft Multigrain / Jowar roti with vegetables – 1 medium Paratha - Multigrain / Paneer / Mixed veg / Carrot/ Beetroot / Gobi / Methi or Spinach – 1.5 medium size. Wheat based vege pizza - 2 pieces | <ul style="list-style-type: none"> Thick vegetable Dal /Rajma / chole – 1 katori Vegetable Sambar – 1 katori Sprouts with veges Curd Raitha- 1 katori OR Curd- 50ml or Buttermilk – 150ml | <ul style="list-style-type: none"> Vegetable sabji – 1 katori OR Steamed vegetables with some butter (eg: carrot & broccol) |
| Evening snack (4.00- 4.30 pm & 6.00 pm) (Choose milk along with any 1 snack from these (Paper cup measure)) | | |
| After Playing (6.00pm) <ul style="list-style-type: none"> Sauteed paneer – ¾th cup Flavoured makhana & seeds)– 1 cup Puffed rice and moong sprouts (1 teaspoon) – 1 Katori. Ice cream (15 days once) (Can divide on milk product and snack) | Plain milk – 100ml <ul style="list-style-type: none"> Fruit yogurt – 1 cup Protein granola bar – 1 no | <ul style="list-style-type: none"> Tomato slice with moong sprouts and puffed rice- ½ Katori |

| Dinner (8.00 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 – ½ 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 – ½ katori | <ul style="list-style-type: none"> Vegetable Sabji / curry– 1 katori |
| Pre- Workout Fruit (Any fruit) (Preferably Banana) | Post- workout : Swimming (options) <ul style="list-style-type: none"> Milkshake- 200ml Chocolate Milk -200ml Avocado Milk + Homemade protein powder | |

Weed Days Diet Plan (Monday to Friday)

| Time | Menu | Quantity |
|--|--|--|
| Early morning 6.15 am - 6.30am | Water after waking • Milk - 100 ml | 100 ml 100ml |
| Breakfast 6.45- 7.00 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/ Ragi idli - 2no Plain dosa /Dal Dosa (Pesaratu) / Palak or Vegetable dosa/ Besan cheela - 2 no medium size . Paneer veg sandwich - 1 no | <ul style="list-style-type: none"> Curd - ½ cup [1 Teaspoon - seeds / sprouts on top of Upma or Poha] Add paneer/ 1 cube cheese on Dosa Add 2 teaspoon mixed dals powder / soya flour to dosa (optional) | <ul style="list-style-type: none"> Vegetable Sambar- 1 cup. Veg. Dal Chutney - 2 teaspoon Coriander & mint chutney - 2 tablespoon |
| Mid- Morning Snack (School Snack) (Choose anyone / day) - Paper cup measure | | |
| <ul style="list-style-type: none"> Fruit & pumpkin seeds / Walnuts - 1 Katori | <ul style="list-style-type: none"> Sprouts & Pomegranate - 1 cup Boiled channa chat / Green gram carrot kosumbri - ¾th cup. sautéed Mushroom - 1 cup 2 pieces chikki | |
| Lunch (1.00 pm) (Choose 1 from carbohydrate, 1 from protein and 1 micronutrient source) | | |
| <ul style="list-style-type: none"> Jeera rice - ¾th bowl Paneer vege rice / 1 Pot meal - ¾th bowl Phulka / Chapati - 2 no small Soft Multigrain roti with vegetables - 1 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 Sprouts with veges Curd Raitha- 1 katori OR Buttermilk - 150ml (Daily) | <ul style="list-style-type: none"> Vegetable sabji - 1 katori OR Veg. Salad - 1 katori OR Steamed vegetables - 1 katori |
| Evening (4.30 pm) (Choose milk along with any 1 snack from these (6.00- 6.30pm) Paper cup measure) | | |
| After School : Rice - ½ bowl + Dal /Veg. Sambar / Curd - 70 ml After Play time : <ul style="list-style-type: none"> Sauteed paneer - ¾th cup (6 Pieces) Flavoured makhana & seeds)- 1 cup | <ul style="list-style-type: none"> Plain milk - 100ml Milk + Home made protein powder (1 scoop- 100 ml) Fruit yogurt - 1 cup Protein granola bar - 1 | <ul style="list-style-type: none"> Tomato slice with moong sprouts and puffed rice- 1 Katori |

| | | |
|---|--|---|
| <ul style="list-style-type: none"> Puffed rice and moong sprouts (1 teaspoon) Multigrain cookies - 2no (occasionally) | <ul style="list-style-type: none"> no Sundal - 3/4th cup | |
| 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 - ½ 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 - ½ katori Curd - 50ml | <ul style="list-style-type: none"> Vegetable Sabji / curry- 1 katori |

Note:

- 1 Bowl - 250-300 ml
 - 1 Katori - 200 ml
 - 1 Cup / paper cup - 100 gm
 - 1 tablespoon - 15 gm
 - 1 teaspoon - 5 gm
- Fluid consumption** - 2 L / day.
 - Minimum 1 fruit per day / 1 Katori - (Kiwi fruit / Apple/ Orange/ Musambi /Pomegranate / Watermelon/ Muskmelon/ Papaya / Small banana).
 - Try to use 2-3 cups vegetables- in any form you like.
 - 1 good quality protein has to be included in the meal (soya flour, soya chunks, paneer, boiled grams, sprouts etc).
 - Make sure to use 100 ml curd / buttermilk everyday (**Probiotics**).
 - Thrice a week green leafy vegetable.
 - Keep sprouts handy, and soaked whole grams available for snacking.
 - Do not repeat on the same snack again on the same day (eg Channa chat or Sundal) or curd if used in evening not required at night.
 - Keep coriander and mint chutney handy (use - chats, sprouts, paneer, bread, parata, rolls, bhel etc.)
 - Avoid **OUTSIDE** foods or junk- fries, fried food, pastries, bakery stuff, heavy ghee sweets, ice creams etc.
 - Avoid Processed (jams, jelly, marmalade, mayonnaise), packed foods (Biscuits, chips, farsan etc), ready to eat foods (Chocos, fries, cornflakes, oats etc.)
 - Sleep on time - 7 hours of minimum sleep / day



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