



CREATED BY GYMNASIUM

NUTRITION PLAN

For MEN & WOMEN

UPON WAKING UP – 7-8AM

OPTION#1	1 cup Indian Tea OR 1 glass Lime Water
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MEAL 1 – BREAKFAST – 8-9AM

OPTION#1	CEREALS & MILK <ul style="list-style-type: none"> • 1cup Cereals (Must have 3g fibers/serving or more) • 1 cup Non Fat Milk
OPTION#2	BREAD TOAST & MILK <ul style="list-style-type: none"> • 2 Slice Bread (Toasted) • 1sp Peanut Butter • ½ Banana • 1 cup Almond Milk (add green cardamom and cinnamon) • 5g Brown Sugar (if needed)
OPTION#3	SOY CHUNK BHURJI <ul style="list-style-type: none"> • 30g Soy chunk bhurji cooked in Olive oil • Add green peas, carrots, green bell pepper, onion, etc.

MEAL 2 – AFTERNOON SNACK – 11-12PM

OPTION#1	FRUITS <ul style="list-style-type: none"> • 1 Apple (Medium size) • 1 Orange (or Mousami) • 8 Cashews (optional) •
OPTION#2	FRUITS <ul style="list-style-type: none"> • 1 Banana • 1 Pear • 8 Cashews (optional)
OPTION#3	FRUITS <ul style="list-style-type: none"> • 1cup Papaya • 1cup Black Grapes • 8 Cashews (optional)

MEAL 3 – LUNCH – 2-3PM

OPTION#1	CHICKPEAS & BROWN RICE <ul style="list-style-type: none"> • ½ cup cooked Brown Rice • Add vegetables (optional) <ul style="list-style-type: none"> ➢ Peas ➢ Cauliflower ➢ Carrots ➢ Bell pepper ➢ Onion (Add Tulsi) • 1 Bowl Chickpeas cooked in Olive oil SALAD
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	<ul style="list-style-type: none"> • 1 Tomato • ½ Cucumber EAT SALAD 20MIN BEFORE LUNCH
OPTION#2	<u>CBLACK CHANNE & BROWN RICE</u> <ul style="list-style-type: none"> • ½ cup cooked Brown Rice Add vegetables (optional) <ul style="list-style-type: none"> ➤ Peas ➤ Cauliflower ➤ Carrots ➤ Bell pepper ➤ Onion (Add Tulsi) <ul style="list-style-type: none"> • 1 Bowl Black Channe cooked in Olive oil <u>SALAD</u> <ul style="list-style-type: none"> • 1 Tomato • ½ Cucumber EAT SALAD 20MIN BEFORE LUNCH
OPTION#3	<u>KIDNEY BEANS & BROWN RICE</u> <ul style="list-style-type: none"> • ½ cup cooked Brown Rice Add vegetables (optional) <ul style="list-style-type: none"> ➤ Peas ➤ Cauliflower ➤ Carrots ➤ Bell pepper ➤ Onion (Add Tulsi) <ul style="list-style-type: none"> • 1 Bowl Kidney Beans cooked in Olive oil <u>SALAD</u> <ul style="list-style-type: none"> • 1 Tomato • ½ Cucumber EAT SALAD 20MIN BEFORE LUNCH

MEAL 4 – EVENING SNACK – 5-6PM	
OPTION#1	<u>ROASTED CHICKPEAS & MILK</u> <ul style="list-style-type: none"> • 1 cup Roasted White Chickpeas • 1 cup low Fat Milk
OPTION#2	<u>BISCUITS & MILK</u> <ul style="list-style-type: none"> • 4 Fiber Cookie or Oats cookies (Britannia, Nutricare) • 1 cup low Fat Milk
OPTION#3	<u>ROASTED SOY BEANS</u> <ul style="list-style-type: none"> • 1 cup Roasted Soy Beans • 1cup Indian Tea (5g Brown Sugar)

MEAL 5 – DINNER – 8-9PM	
OPTION#1	<u>OKRA (LADY FINGER) / ROTI & CURD</u> <ul style="list-style-type: none"> • 1 Whole Roti • 1cup Okra <ul style="list-style-type: none"> ➤ Onion ➤ Tomato • 1cup low fat Yogurt (curd) NOTE: Use olive oil for cooking
OPTION#2	<u>MIXED VEGETABLES / ROTI & CURD</u> <ul style="list-style-type: none"> • 1 Whole Roti

	<ul style="list-style-type: none"> • 1cup mixed vegetables <ul style="list-style-type: none"> ➤ Peas ➤ Cauliflower ➤ Carrots ➤ Bell pepper ➤ Potato • 1cup low fat Yogurt (curd) <p>NOTE: Use olive oil for cooking</p>
OPTION#3	<p><u>PANEER BHURJI / ROTI & CURD</u></p> <ul style="list-style-type: none"> • 1 Whole Roti • 50g Paneer <ul style="list-style-type: none"> ➤ Add Peas ➤ Onion ➤ Tomato • 1cup low fat Yogurt (curd) <p>NOTE: You can also eat 2 Egg white Bhurji as well cooked in olive oil</p>

EXTRA OPTION: You can add 1 plain roti with mixed vegetables or Dal or Channe or Spinach as well

WORKOUT PLAN

For MEN & WOMEN – AGE 30 to 50

For GYM WORKOUT Follow:

- 6 Week Shredded
- Muscular 8
- Shredded Next Level
- Get Ripped

For HOME WORKOUT Follow:

- Fit Zone Level 1
- Fit Zone Level 2
- Fit Zone Level 3
- Fit Zone Level 4
- Fit Zone Level 5

For MEN & WOMEN – AGE 50+

1 Hour Out door Walk or on Treadmill Everyday or Gym Workout

NOTE: PRINT OUT THIS PAGE AND FILL OUT THE BODY MEASUREMENTS ON WEEKLY BASIS TO SEE THE PROGRESS

PROGRESS – WEEK 1
DATE: _____
NAME: _____
AGE: _____
BLOOD SUGAR LEVEL: _____
CHOLESTEROL: _____
WEIGHT: _____
STOMACH: _____
HIP: _____
WAIST: _____

PROGRESS – WEEK 8
DATE: _____
NAME: _____
AGE: _____
BLOOD SUGAR LEVEL: _____
CHOLESTEROL: _____
WEIGHT: _____
STOMACH: _____
HIP: _____
WAIST: _____

OVERVIEW

DIET 40+ program is for everyone who is 40 year old or above for both men and women. Doesn't matter if you workout or not, this program is caloric deficit program for our elders. They will also help to reduce Diabetes, Cholesterol and Blood pressure.



TIPS: DO's & DON'T's for DIABETES

The Basics of Blood Sugar Control

Type 2 diabetes is a condition in which the body doesn't make enough insulin. This can cause high blood sugar and symptoms such as:

- Fatigue
- Blurred vision
- Increased appetite
- Excessive thirst
- Excessive urination

The **normal blood sugar range** for diabetics, as determined by the [American Diabetes Association](#), is between 70 and 130 mg/dL before meals and less than 180 mg/dL a few hours after you began eating. You can use a blood sugar monitor to check your blood glucose levels and adjust your diet accordingly.

Low-Sugar Diet

When someone with diabetes has **low blood sugar**, a spoonful of honey can help raise glucose levels. However, sugar is often considered the nemesis of diabetes because of how quickly it can spike blood glucose levels.

If you have diabetes, you should closely monitor your sugar consumption — especially refined sugar and other forms of the simple carbohydrates. In addition to low-sugar foods, you should also eat low-fat foods and a well-balanced diet.

Low-Fat Diet

Foods that are high in sodium, saturated fats, cholesterol, and trans fat can elevate your risk for heart disease and stroke. However, that doesn't mean that you have to avoid all fats. Foods rich in good fats—monounsaturated and polyunsaturated fat — can help lower cholesterol levels.

Try replacing refined oil with Olive oil, and nuts are also good sources of this nutrient.

Foods to Avoid:

- Whole meat
- Mutton
- Processed foods
- High-fat dairy products like whole fat milk, cheese, butter, etc

Fruits and Vegetables

Balancing carbohydrates, fats, and sugars is integral to a diabetes-friendly diet. While processed and refined carbs are bad for you, whole grains and dietary fiber (good carbs) are beneficial in many ways. Whole grains are rich in fiber and beneficial vitamins and minerals. Dietary fiber helps with digestive health, and helps you feel more satisfied after eating.

Foods to Eat:

- Leafy green vegetables & Lettuce
- All Nuts (Peanuts, Almonds, Cashews, Walnuts, etc)
- Whole grains (Brown Rice, Whole wheat roti, Wheat bead, Oats, Quinoa, Millet, etc)
- All Seeds (Flaxseed, Sesame seeds, Chia seeds, etc)
- Low-fat dairy products
- Beans, Channe and peas
- Fresh low-sugar fruits (blueberries, raspberries, blackberries, cranberries, pears, melon, Grapefruit, apple and cherries)

Fruit to Avoid:

- Watermelon
- Pineapple
- Raisins
- Apricots
- Grapes
- Oranges

Complex Carbs (Starches)

Starches are another type of food your body converts into blood glucose. They not only provide a source of energy but also vitamins, minerals, and fiber. Whole grain starches are the healthiest because they maximize nutrition and break down into the bloodstream slowly. I recommend at least one serving of starch at every meal.

Foods to Eat:

- Whole Grain Bread
- Whole Grain Pasta,
- Whole Grain Cereal,
- Brown Rice,
- Whole Wheat Roti
- Sweet Potato

Foods to Avoid:

- Potato chips
- Packaged snacks
- Candy bars
- White Rice
- White Bread
- Refined Aata
- White Naan
- White Potato
- Soft Drinks
- Packed Juices
- Indian Sweets

Cut back on refined carbs and sugary drinks. White bread, white rice, white pasta and potatoes cause quick increases in blood sugar, as do sugary soft drinks, fruit punch, and fruit juice. Over time, eating lots of these refined carbohydrates and sugar may increase your risk of type 2 diabetes. To lower your risk, switch to whole grains.

When to Eat

If you have diabetes, you should eat smaller meals throughout the day to avoid unnecessary spikes in your blood glucose level. However, your body requires more sugars and carbohydrates during exercise, so eat before and after a workout. Checkout nutrition plan at the bottom.

FOOD TO AVOID	FOOD TO EAT
<ul style="list-style-type: none">• Whole meat• Mutton• Processed foods• High-fat dairy products like whole fat or full fat milk, cheese, butter• Watermelon• Pineapple• Apricots• Grapes• Potato chips• Packaged snacks• Candy bars• White Rice• White Bread• Refined Aata• White Naan• White Potato• Soft Drinks• Packed Juices• Indian Sweets	<ul style="list-style-type: none">• Leafy green vegetables & Lettuce• All Nuts (Peanuts, Almonds, Cashews, Walnuts, etc)• Whole grains• All Seeds (Flaxseed, Sesame seeds, Chia seeds, etc)• Low-fat dairy products• Beans, Channe and peas• Fresh low-sugar fruits (blueberries, raspberries, blackberries, cranberries, pears, melon, grapefruit, apple and cherries)• Whole Grain Bread• Whole Grain Pasta,• Whole Grain Cereal,• Brown Rice,• Whole Wheat Roti• Sweet Potato• Millet• Oats• Quinoa• Eggs• Chicken• Fish• Tofu/Low Fat Paneer• All Vegetables

TIPS: DO's & DON'T's for CHOLESTEROL

1..Limit your intake of foods full of saturated fats, trans fats, and dietary cholesterol - Foods with a lot of saturated fat include butter, fatty flesh like red meat, full-fat and low-fat dairy products, palm oil, and coconut oil. If you see partially hydrogenated fat in the Ingredient List of a food label, that food has trans fats. Top sources of dietary cholesterol include egg yolks, organ meats, and shellfish. One type of fat – omega-3 fatty acids – are to protect against heart disease. Good sources are cold-water fish like salmon, halibut and sardines.

To help you translate the above guidelines into daily food planning, here are key guidelines: Select non fat dairy foods only, 2 servings daily. Limit your intake of meat, poultry, and fish to no more than 3.5 to 4 ounces per day. From the choices below, which are listed from best to poor, try to select almost always from the top.

Best Choice: Omega-3-rich fish, such as salmon, sardines and trout. Choose at least 2 times weekly. If you're using canned fish, such as canned sardines, or tuna, select very-low-sodium or no-salt-added varieties. Including Flaxseed, chia seed, walnuts, pecans, etc.

Satisfactory Choices: Most other fish including shrimp, crawfish), Poultry (white meat, skinless) optimally free-range and grass-fed

Poor Choice: Red meat (pork, lamb, veal, goat). For all red meat choices, select cuts that are under 30% fat. Red meats are the least desirable choice because they not only tend to have the highest proportion of saturated fats, they are also higher in heme iron, which likely raises the risk of type 2 diabetes and colon-rectal cancer. Drinking whole milk, full fat yogurt, butter, ghee, refined oil, etc.

2. Eat a lot more fiber-rich foods - Foods naturally rich in soluble fiber have proven particularly good at lowering cholesterol. Excellent sources include oats, oat bran, barley, peas, yams, sweet potatoes and other potatoes, as well as legumes or beans, such as pinto beans, black beans, garbanzo beans (white channe/Black channe), and peas. Vegetables rich in soluble fiber include carrots, Brussels sprouts, beets, okra, and eggplant. Good fruit sources are berries, passion fruit, oranges, black grapes, pears, apricots, nectar and apples.

3. Choose protein-rich plant foods - Common legumes include lentils, peas, and beans, such as pinto beans, red beans, white beans, and soybeans. They're full of nutritional riches and are a very healthy, protein-packed alternative to meat. Legumes help lower total cholesterol, LDL cholesterol, blood sugar, and insulin levels, and may even lower cancer risk. Nuts and seeds have been proven to modestly lower LDL cholesterol levels. To avoid blood-pressure-raising salt, choose raw or dry-roasted, unsalted varieties. To avoid gaining weight, don't eat more than 1 ounce daily since nuts and seeds are dense with calories (averaging about 175 calories per ounce).

4. Lose as much excess weight as possible - Losing excess weight is beneficial for all sorts of reasons, from improving your cholesterol profile to preventing diseases epidemic in industrialized societies, including type 2 diabetes, high blood pressure, heart attacks, strokes, gout, and many types of cancer. Do keep in mind that it's important to limit fat intake, even so-called "good" fats like olive oil, because any fat is dense with calories, which means heavy consumption can easily lead to a heavy body. NOTE: The above steps contain the key food groups that have cholesterol-lowering properties.

TIPS: DO's & DON'T's for BLOOD PRESURE

1. Eat a healthy diet

Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure by up to 14 mm Hg.

It isn't easy to change your eating habits, but with these tips, you can adopt a healthy diet:

- **Keep a food diary.** Writing down what you eat, even for just a week, can shed surprising light on your true eating habits. Monitor what you eat, how much, when and why.
- **Consider boosting potassium.** Potassium can lessen the effects of sodium on blood pressure. The best source of potassium is food, such as fruits and vegetables, rather than supplements. **3500mg to 5000mg potassium** level is best for you.
- **Be a smart shopper.** Read food labels when you shop and stick to your healthy-eating plan when you're dining out, too.

2. Reduce sodium in your diet

Even a small reduction in the sodium in your diet can reduce blood pressure by 2 to 8 mm Hg. The effect of sodium intake on blood pressure varies among groups of people. In general, limit sodium to less than **2,300 milligrams (mg)** a day or less. However, a lower sodium intake — 1,500mg-1800mg a day or less — is appropriate for people with greater salt sensitivity, including:

- Anyone age 51 or older
- Anyone diagnosed with high blood pressure, diabetes or chronic kidney disease

To decrease sodium in your diet, consider these tips:

- **Read food labels.** If possible, choose low-sodium alternatives of the foods and beverages you normally buy.
- **Eat fewer processed foods.** Only a small amount of sodium occurs naturally in foods. Most sodium is added during processing.

- **Don't add salt.** Just 1 level teaspoon of salt has 2,300 mg of sodium. Use herbs or spices to add flavor to your food (check the list at the bottom)
- **Ease into it.** If you don't feel you can drastically reduce the sodium in your diet suddenly, cut back gradually. Your palate will adjust over time.

3. Limit the amount of alcohol you drink

Alcohol can be both good and bad for your health. In small amounts, it can potentially lower your blood pressure by 2 to 4 mm Hg.

But that protective effect is lost if you drink too much alcohol — generally more than one drink a day for women and for men older than age 60, or more than two a day for men age 60 and younger. One drink equals 12 ounces of beer, five ounces of wine or 1.5 ounces of 80-proof liquor.

Drinking more than moderate amounts of alcohol can actually raise blood pressure by several points. It can also reduce the effectiveness of blood pressure medications.

4. Quit smoking

Each cigarette you smoke increases your blood pressure for many minutes after you finish. Quitting smoking helps your blood pressure return to normal. People who quit smoking, regardless of age, have substantial increases in life expectancy.

5. Cut back on caffeine

The role caffeine plays in blood pressure is still debated. Caffeine can raise blood pressure by as much as 10 mm Hg in people who rarely consume it, but there is little to no strong effect on blood pressure in habitual coffee drinkers.

Although the effects of chronic caffeine ingestion on blood pressure aren't clear, the possibility of a slight increase in blood pressure exists.

To see if caffeine raises your blood pressure, check your pressure within 30 minutes of drinking a caffeinated beverage. If your blood pressure increases by 5 to 10 mm Hg, you may be sensitive to the blood pressure raising effects of caffeine. Talk to your doctor about the effects of caffeine on your blood pressure.

6. Reduce your stress

Chronic stress is an important contributor to high blood pressure. Occasional stress also can contribute to high blood pressure if you react to stress by eating unhealthy food, drinking alcohol or smoking.

Take some time to think about what causes you to feel stressed, such as work, family, finances or illness. Once you know what's causing your stress, consider how you can eliminate or reduce stress.

If you can't eliminate all of your stressors, you can at least cope with them in a healthier way. Try to:

- **Change your expectations.** Give yourself time to get things done. Learn to say no and to live within manageable limits. Try to learn to accept things you can't change.
- **Think about problems under your control and make a plan to solve them.** You could talk to your boss about difficulties at work or to family members about problems at home.
- **Know your stress triggers.** Avoid whatever triggers you can. For example, spend less time with people who bother you or avoid driving in rush-hour traffic.
- **Make time to relax and to do activities you enjoy.** Take 15 to 20 minutes a day to sit quietly and breathe deeply. Try to intentionally enjoy what you do rather than hurrying through your "relaxing activities" at a stressful pace.
- **Practice gratitude.** Expressing gratitude to others can help reduce stressful thoughts.

7. Monitor your blood pressure at home and see your doctor regularly

Home monitoring can help you keep tabs on your blood pressure, make certain your lifestyle changes are working, and alert you and your doctor to potential health complications. Blood pressure monitors are available widely and without a prescription. Talk to your doctor about home monitoring before you get started.

Regular visits with your doctor are also key to controlling your blood pressure. If your blood pressure is under control, you might need to visit your doctor only every six to 12 months, depending on other conditions you might have. If your blood pressure isn't well controlled, your doctor will likely want to see you more frequently.

8. Exercise regularly

Regular physical activity — at least 30 minutes most days of the week — can lower your blood pressure by 4 to 9 millimeters of mercury (mm Hg). It's important to be consistent because if you stop exercising, your blood pressure can rise again.

If you have slightly high blood pressure (prehypertension), exercise can help you avoid developing full-blown hypertension. If you already have hypertension, regular physical activity can bring your blood pressure down to safer levels.

The best types of exercise for lowering blood pressure include walking, jogging, cycling, swimming or dancing. Strength training also can help reduce blood pressure.