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| **NAME :** | TANYA PUROHIT. |
| **HEIGHT :** | 158.49cms. |
| **WEIGHT :** | 59.6kg. |
| **MEDICATIONS :** | NONE |

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| **MEAL 1**  **(BREAKFAST)**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  1 Bowl millets + Handful of nuts.  Nuts can include : Almonds, Walnuts, Cashews, Peanuts. | **MEAL 2**  **(LUNCH)**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **MON-WED-FRI :**  150grams of chicken + 25grams of Brown rice + Veggies + Salad + Bowl of curd/Buttermilk.  **OR**  1 Scoop Whey Protein. (Also you can add Fresh Cream ~ Optional)  **TUE-THURS-SAT :**  3 Whole eggs (Scrambled, omelette, bhurji, half fry) Cooked in Ghee/Butter/Coconut Oil/Olive Oil + Salad + Buttermilk.  **OR**  1 Scoop Whey Protein.(Also you can add berries  & Fresh Cream ~ Optional) |
| **SNACKS**  **(EVENING)**  Peanut Masala (Packet of Salted Peanuts +  tomato + onion + chat masala) You can also  have Black Tea/Black Coffee/Green Tea(without  sugar/honey/jaggery.)  [CAN ADD STEVIA IN YOUR BEVERAGES].  **OR**  1 Apple/Orange/Pineapple/Guava/Watermelon. | **MEAL 3**  (**DINNER**)  **Mon-Wed-Fri** :  4 Whole Eggs (scrambled,omelette,bhurji,half fry) cooked in Butter/Ghee/Coconut Oil + Veggies /  Salad  **OR**  11/2 Scoop Whey Protein + Fresh Cream.  **Tue-Thurs-Sat** :  200grams of Paneer in any form (paneer bhurji,paneer sauté, paneer tikka, paneer chilli etc) - add one cheese cube + Salad.  **OR**  180grams of Chicken (Kebabs, Tikkas, Keema, Marinated with veggies) + Salad. |
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**IMPORTANT :**

1) Timings are not mentioned. Have your meals according to your hunger.

2) Water intake should be according to the thirst.

3) Keep a good intake of salt (normal/pink/black) in meals. Keep sipping lemon salt

water all time to maintain hydration level.

4) Do not have anything apart from the menu without asking.

5) There are no restrictions on spices and herbs so you can cook your meal anyway

you want.

6) You can make any recipe using Fat and spices, herbs, {etc e.g paneer in any form

means, it could be palak paneer or butter paneer or paneer tikka.}

7) Do not change the supplementation timings without asking if prescribed.

**AVOID :**

Sugar, Sugar syrup, Corn, Tomato sauce, Soybean products, Potatoes, Sweet potato, Grains, Alcohol, Wheat and Rice flour.

**THINGS TO AVOID :**

No grains/breads/roti/rice after midday.