

FOR

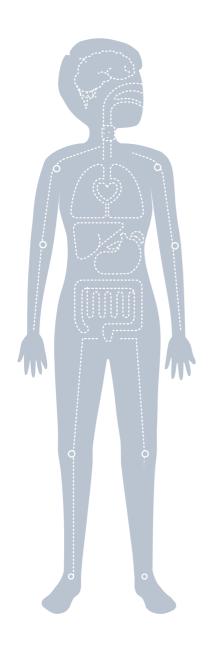
GENDER

Bhargav Gauravam | 29

Male

COACH

Priyanka Nahar



WT(kg)

74

HT (cm)

180

ВМІ

GOALS



FOR GENDER COACH

Bhargav Gauravam | 29 Male Priyanka Nahar

GOAL	METRIC	CURRENT	TARGET
Weight Gain	Weight	74	76 (muscle gain/ fat loss)

TOP INTERVENTIONS

Exercise 6 days HRX and 1 day total rest as of now Increasing fiber by adding vegetable, millet, whole grains etc Protein intake should be adequate by focusing on egg, milk, curd, low fat paneer, chicken, whey etc Avoid junk specially aloo bhujia and munch on seeds trail mix



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DO'S

Include more Raw and Natural Food in your meals

Increase intake of Millets In Diet

Include proteins at each meal - from plant sources of protein like dal, beans, sprouts, soya & lean cuts of meat from non-vegetarian sources.

Increase intake of Nuts & Seeds In Diet



DONT'S

Avoid deep fried foods

Avoid Food with additive, preservatives or added color

Avoid Processed (Packaged, Aerated Drinks) in your regular diet

DIET THEME

Fat loss and muscle gain diet





OR

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PRE BREAKFAST

05:00 AM

Theme 1

100% Beverages

GENDER

- 1 glass Water+ Neem Juice
- 2 🗍 1 glass Water+ Amla Juice



BREAKFAST

07:00 AM

Theme 1 30% Fruits 40% Milk Products 20% Whole Grains 10% Nuts and Seeds

- 1 glass Smoothie Of Apple 1+ Milk 1 Glass+ Soaked Almonds 4+ Walnuts 2+ Oats 20gm (4tsp)
- 2 □ 1 bowl Soaked Oats (Oats+ Milk+ Curd+ Peanut Butter+ Chia Seeds)





FOR GENDER

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PRE WORKOUT

08:00 AM

Theme 1 100% Beverages

1 □ 1 cup Black Coffee

POST WORKOUT

09:00 AM

Theme 1 100% Beverages

1 glass Whey 1 Scoop With Water

LUNCH جُے

10:00 AM

Theme 1 50% Vegetables 25% Whole Grains

25% Milk Products or Lean Meat or Eggs or Lentils

□ 1 bowl Brown Rice Vegetable Boiled Egg 2 Whites: 1 Yolk Biryani □ 1 bowl Salad

COACH



FOR Bharga	v Gauravam	29	GENDER Male	COACH Priyanka Nahar		
2	⊃1bowl	Salad	-at Paneer Vegetable Bh			
3	Olbowi	Bolled	Egg 2:1 Vegetable Salad	□ 1 bowl Quinoa Vegetable Khichadi		
MID DAY MEAL 03:00 PM						
Them	e 1		egetables 25% Whole G Ailk Products or Lean Meat o	I control of the cont		
1	☐ 1 glass ☐ 1 bowl		oot+ Mint+ Pomegranat ts/ Dal	e Smoothie + Black Salt 🛮 🛆 1 piece Ragi Bal	I	
2			egetable Omlette/ Bhurji ch+ Apple 1/2+ Mint+ Le	emon+ Black Salt Smoothie		



FOR GENDER COACH

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EVENING SNACKS

05:00 PM

Theme 1 100% Whole Grains

- 1 □ 1 katori Makhana Roasted And Flavoured At Home
- 2 □ 1 katori Jowar Puff Chiwda



08:00 PM

Theme 1 50% Vegetables | 50% Milk Products or Lean Meat or Eggs or Lentils

- 1 △ 2 piece Low Fat Paneer Grilled □ 1 bowl Stir Fried Vegetables
- 2 □ 1 katori Sprouts □ 1 bowl Vegetable Salad
- 3 □ 1 bowl Kala Chana Salad



FOR GENDER

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COACH

BEDTIME SNACK

08:30 PM

Theme 1

100% Beverages





FOR

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Male

COACH

Priyanka Nahar

HABITS





GO WHOLE! OR GO HOME!



In 1 Month