

2 glasses of warm water.

6.30am:- Brisk walk / Jog / — 30-45 min.

Soaked Black Channa.

7.30am:- Body key drink + 1 scoop APP + 200ml water

9am:- 4-5 Eggs Boiled. 3 Egg Whites + 2 Whole

1 Omega + 2 Natural B

10.30-11:- ^{unlimited} Any fruit (Apple/watermelon/guava/oranges/pomegranate/papaya)

1.30pm:- 1 scoop fibre in 1 glass ^{water} ~~fibre~~
Chicken/Mutton/fish + Salad + Buttermilk
 $\frac{1}{2}$ tandoor ^{1/Wk} 2-3 pcs. Tender coconut water.
Chicken.

1 Daily + 2 CH Balance

3.30pm:- 10 Almonds + 2 Walnuts / Moong sprouts
Fresh Nenu

9.30pm:- Chicken/omelette 2-3
1 scoop fibre in 1 glass water.

Do's
Water - 4L/Day
Sleep - 6-8hr/night
Exercise - 30-45min/Day

Don't
No soups/Jams/pickles/papads,
No Chinese/pizza/Bread/Burgers
No fried food foods, No carbon
potatoes, etc.
No nutty peanut, coconut
Cashew nut.

July. 18. 2018

Subcutaneous fat

Skeletal muscle mass

Ht = 181.5
wt = 109.6

Whole Body 22.8 (0)

29.8 (0)

Trunk 21.4 (0)

21.1 (-1)

Arms 30 (0)

34 (-1)

Legs 30.5 (0)

47.2 (0)

Total Body fat — 31.7 (++)

Visceral fat — 1.8 (++)

BMI — 33.3

Resting metabolism — 2189 kcal

Body Age — 57 yrs.

August - ~~4~~ Review.

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