

Holistic Fitness by Mrinmoyee

Name :- Mansi Khanna

Age :- 25

Weight :- 72 kilos

Height :- 165cm

BMI – 26.4(OVERWEIGHT)

Medical complaints –None

Weight to be reduced to 60-62 kilos

Dear Mansi,

It gives me immense pleasure to be a part of your weight loss journey and I will be so happy if I could help you. I am sure you will come up with great results.

I will be waiting for a bang on response from you.

:)

Timings	Food
8:00am	Amla in warm water 1 banana+ 4soaked and peeled almonds
9:30am	Breakfast → <ul style="list-style-type: none">• 1 whole egg omlette/poach + 5tbsp curd + 1apple---3days• Oats vegetable porridge(from 3tbsp dry oats and veggies)-----2days• 7-8tbsp cooked vegetable poha-----2days
11:30-	1 orange/14grapes/1musambi/1 guava +1 cup black coffee-----

12:00pm	<p>-----4days</p> <p>1 glass chia nimbu drink(soak 1tbsp chia seeds in 1 glass of water for 20 mins, add lime juice and honey)-----3days</p>
2:00-2:30pm	<p>Lunch →</p> <ul style="list-style-type: none"> • 2 pc roti(atta:oats powder) +3tbsp cooked veggies+2pc chicken/1pc fish/1pc egg/4-5tbsp cooked daal-----5days <p>((no dal in the morning if meat protein is there)</p> <ul style="list-style-type: none"> • Black chana salad(6tbsp sprouted black chana+1 chopped cucumber+1 chopped tomato+1/2 chopped onion+ lime+ salt and seasonings) +4-5pc tossed paneer/1 boiled egg--- -----2days <p>*potato, yam and colocasia roots to be avoided</p> <p>Try and avoid thick gravies</p>
4:00-4:30pm	<p>1 digestive biscuit + 1date+ 5soaked raisins-----4days</p> <p>1 glass chaas(buttermilk)(churn 3tbsp curd+1glass water+ black salt and roasted jeera)/store bought-----3days</p>
6:00-6:30pm	<p>1 cup green tea with ginger boiled in it</p> <ul style="list-style-type: none"> • 1 bowl popcorn-----2days • Bhel channa chaat(2handful bhel+2handful of dry roasted chana+ chopped salads+seasonings)-----2days • 1 bowl roasted makhanas----3days
8:30-9:00pm	<p>Dinner →</p> <ul style="list-style-type: none"> • 2medium sized besan chilla with green chutney----2days • 3pc idli with chutney/2pc handwa with chutney----2days • 1-2pc fish/2-3pc chicken + 4 tbsp cooked veggies+ 1bowl(5tbsp) cooked daal-----3days
	<p>You need 8 hour sleep(VERY IMPORTANT) to regulate your hormone and unless its regulated u will never be able to lose</p>

	weight
Note	3.5 litres of water intake No processed sugar products/sweets Be careful with the amount Chew your food very well

- Report me a week after
- Updated measurements (hips bust and waist) every two weeks.
- Food plan to be followed for 6 weeks

Love,

Mrinmoyee

Nutrition consultant and lifestyle modifier

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