

# ***Holistic Fitness by Mrinmoyee***

**Name :- Mansi Khanna**

**Age :- 25**

**Weight :- 64.6 kilos**

**Height :- 165cm**

**BMI – 23.7(HEALTHY WEIGHT)**

**Medical complaints –None**

**Weight to be reduced to 60-62 kilos**

Dear Mansi,

We are almost towards reaching your goal. Let's hit the finishing line together.

More power to you.

:)

Timings	Food
8:30am	Soak 1tsp jeera, 1tsp coriander seeds and 1tsp fennel seeds in 1 glass of water overnight, boil the mixture strain and have the water in the morning
9:00am	1 glass of lime water
9:30-10:00am	Breakfast → <ul style="list-style-type: none"><li>Overnight oats (soak 4tbsp oats in 6tbsp curd) add 1 chopped mango while having it-----2days</li><li>3 small oats omlette(mix 2egg whites and 1 yolk with 3tbsp dry oats, add chopped onion and chilli and make 3 small pancakes out of it)-----3days</li></ul>

	<ul style="list-style-type: none"> <li>Vegetable sandwich( 2pc brown bread, add 3 tbsp hung curd and some chopped veggies as filling with some Italian seasonings)----2days</li> </ul>
11:30-12:00pm	<p>Any one seasonal fruit-----4days</p> <p>2tsp roasted sunflower seeds with 2pc dark chocolate----3days</p>
2:00-2:30pm	<p>Lunch →</p> <p>1pc cucumber with lime and salt</p> <ul style="list-style-type: none"> <li>5tbsp cooked rice +3tbsp cooked veggies+2pc chicken/1pc fish/1pc egg/4-5tbsp cooked daal-----2days</li> <li>1.5 pc (jowar:atta) roti with 3tbsp cooked sabzi + 1 small bowl dal----3days</li> <li>Chicken peppy whole wheat pasta( ½ cup whole wheat pasta, 1 cup shredded chicken and 1 cup mix vegetables like bell peppers, carrot, onions etc, make the sauce with some pureed tomato and seasonings)-----2days</li> </ul> <p>*potato, yam and colocasia roots to be avoided</p> <p>Try and avoid thick gravies</p>
5:30-6:00pm	<p>1 cup peppermint tea</p> <ul style="list-style-type: none"> <li>1 bowl popcorn-----2days</li> <li>Peanut butter biscuit sandwich(Spread 2tsp peanut butter on 2 crème cracker biscuit) -----2days</li> <li>1-1.5 handful of fruit and nut muesli----2days</li> <li>1pc dhokla(dry- without the sugar syrup soaking and extra oil tempering)-----1day</li> </ul>
8:30-9:00pm	<p>Dinner →</p> <ul style="list-style-type: none"> <li>1-2pc fish/2-3pc chicken/5pc paneer + 4 tbsp cooked veggies+ 1bowl(5-6tbsp) cooked daal-----2days</li> <li>1.5pc thepla with 3tbsp cooked veggies----2days</li> <li>1 bowl vegetable cottage cheese quinoa upma(1cup veggies, 4-5pc paneer and 2tbsp dry quinoa which has to</li> </ul>

	<p>be soaked before cooking)----2days</p> <ul style="list-style-type: none"> <li>• 1 medium sized dosa with chicken filling or rajma filling-----1day</li> </ul>
	You need 8 hour sleep( <b>VERY IMPORTANT</b> )
Note	<p><b>3.5 litres of water intake</b></p> <p>No processed sugar products/sweets</p> <p>Be careful with the amount</p> <p>Chew your food very well</p>

- Report me a week after
- Updated measurements (hips bust and waist) every two weeks.
- Food plan to be followed for 7 weeks

Love,

Mrinmoyee

*Nutrition consultant and lifestyle modifier*

*Email: [holisticfitnessbymys@gmail.com](mailto:holisticfitnessbymys@gmail.com) Ph No- 9836486936/8777675339*

