

Holistic Fitness by Mrinmoyee

Name :- Mansi Khanna

Age :- 25

Weight :- 68.5 kilos

Height :- 165cm

BMI – 25.2(OVERWEIGHT)

Medical complaints –None

Weight to be reduced to 60-62 kilos

Dear Mansi,

I am extremely pleased with the kind of dedication and hard work that you have shown. Expecting a lot more from you now. Stay motivated and love yourself. Work towards a stronger you, everyday.

:)

Timings	Food
8:30am	Soak 1tbsp jeera in 1 glass of water overnight, strain and have the water in the morning Followed by 5soaked raisins
9:30-10:00am	Breakfast → <ul style="list-style-type: none">• 2pc brown bread, spread 1-2 tsp peanut butter on it, add 1 chopped banana -----2days• Overnight oats (soak 4tbsp oats in 6tbsp curd) add 1 chopped mango while having it-----3days• 7-8tbsp cooked vegetable sooji upma-----2days
11:30-	1 cup black coffee(room temperature/cold) +2 walnut and

12:00pm	<p>5soaked and peeled almonds-----4days</p> <p>1 cup green tea + 6-7pc of muskmelon/1 musambi----3days</p>
2:00-2:30pm	<p>Lunch →</p> <p>1pc cucumber with lime and salt</p> <ul style="list-style-type: none"> 1.5 pc roti(atta:oats powder) +3tbsp cooked veggies+2pc chicken/1pc fish/1pc egg/4-5tbsp cooked daal-----4days <p>((no dal in the morning if meat protein is there)</p> <ul style="list-style-type: none"> 6-7tbsp of cooked rajma or ghugni +2 chopped tomato+1 small bowl of curd with black salt chopped coriander leaves and little tamarind chutney----3days <p>**make it like a ghugni chaat</p> <p>*potato, yam and colocasia roots to be avoided</p> <p>Try and avoid thick gravies</p>
4:00-4:30pm	<p>1 cup ginger boiled water</p> <p>3cubes of dark chocolate(amul 55%)---3days</p> <p>2creme cracker biscuit-----4days</p>
6:00-6:30pm	<p>1 cup kadha(boil ginger, turmeric, peppercorn, clove)</p> <ul style="list-style-type: none"> 1 bowl popcorn-----2days 1 bowl dry roasted chire(chirwa)+dry roasted chana(1handful:2handful) ----2days Chana(homemade paneer from doubletoned milk) bhurjee with veggies(4-5tbsp chana)---3days
8:30-9:00pm	<p>Dinner →</p> <ul style="list-style-type: none"> 1-2pc fish/2-3pc chicken/5pc paneer + 4 tbsp cooked veggies+ 1bowl(5-6tbsp) cooked daal-----2days 3pc grilled chicken +1 bowl(8-9 medium pc) of watermelon----3days 2medium sized oats sooji cheela with green chutney-----

	2days
	You need 8 hour sleep(VERY IMPORTANT)
Note	3.8 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 7 weeks

Love,

Mrinmoyee

Nutrition consultant and lifestyle modifier

Email: holisticfitnessbys@gmail.com Ph No- 9836486936/8777675339

