

# ***Holistic Fitness by Mrinmoyee***

**Name :- Mansi Khanna**

**Age :- 25**

**Weight :- 64.6 kilos**

**Height :- 165cm**

**BMI – 23.7(HEALTHY WEIGHT)**

**Medical complaints –None**

Timings	Food
8:00am	Continue having either jeera or saunf water
8:15am	4soaked and peeled almonds
9:00-9:30am	Breakfast → <ul style="list-style-type: none"><li>• 2handful muesli with skimmed milk and honey---2days</li><li>• 2 multigrain toast with 2tbsp guacamole-----1day</li><li>• Chia Pudding- Soak 1.5tbsp chia seeds in 1 cup of low fat yoghurt+ add 1 chopped mango-----2days</li><li>• 2 multigrain toast with 2tsp peanut butter and 5-7 blueberries-----2days</li></ul>
Mid morning	1 orange/1 sweet lime + 1 cup of black coffee
	Lunch → <ul style="list-style-type: none"><li>• Chicken lettuce salad with 1 pc bread crumbled(1cup shredded chicken+ ½ cup bell peppers+ ½ cup lettuce+2tbsp low fat yoghurt+seasonings)-----2days</li><li>• 6tbsp cooked rice+6tbsp cooked rajma/chana+ 1 bowl salad(cucumber and tomato)-----3days</li></ul>

	<ul style="list-style-type: none"> <li>Any 1 millet bhakri with grilled or sautéed paneer with veggies----2days</li> </ul>
Snacks	<p>1 cup of any herbal tea</p> <ul style="list-style-type: none"> <li>Makhanas with roasted peanuts---2days</li> <li>1fruit with 1tsp cashew butter---2days</li> <li>1 cup of coconut yoghurt/lactose free yoghurt with dried strawberries or cranberries----3days</li> </ul>
8:30-9:00pm	<p>Dinner →</p> <ul style="list-style-type: none"> <li>1 bowl vegetable cottage cheese quinoa upma(1cup veggies, 4-5pc paneer and 2tbsp dry quinoa which has to be soaked before cooking)----2days</li> <li>1 chicken salami sandwich(add low fat yoghurt in place of mayo, add veggies with salami)----2days</li> </ul> <p>**get hold of a gluten free bread if available and affordable otherwise multigrain works</p> <ul style="list-style-type: none"> <li>1 small bowl of dal khichdi with roasted papad----2days</li> <li>Meal of your choice(control portions)---1day</li> </ul>
	You need 8 hour sleep( <b>VERY IMPORTANT</b> )
Note	<p><b>water intake as per requirement</b></p> <p>No processed sugar products/sweets</p> <p>Be careful with the amount</p> <p>Chew your food very well</p>

Love,

Mrinmoyee

*Nutrition consultant and lifestyle modifier*

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