

NOTE: THIS PLAN IS FOR KNOWLEDGE PURPOSE FOR THE CLIENTS, THE REGIME IS HIGHLY PERSONALISED ACCORDING TO THE NEEDS AND HEALTH FACTOR OF THE SAMPLE CLIENT, **THUS SHOULD NOT BE COPIED AND FOLLOWED WITHOUT THE CONSENT OF THE CONCERNED NUTRITIONIST;** BLIND FOLLOWING OF THE PLAN AND ITS CONSEQUENCES BEARS NO RESPONSIBILITY OF THE NUTRITIONIST AND TRAINER & THE PERSON WILL BE HELD LIABLE FOR COPYRIGHT INFRINGEMENT.

SAMPLE MEAL PLAN

NAME - HARJEET KAUR (F)

AGE - 47

HEIGHT - 5'3" / 162cm

WEIGHT - 80

IDEAL BODY WEIGHT - 50-603

ACTIVITY LEVEL - SEDENTARY

NEED TO LOSE WEIGHT TO COME IN THE IDEAL RANGE - **(-20kg)**

BODY PARTS	MEASUREMENTS (inches)					
	29/JULY/xxx				NET DIFF	
	INCH	CM	INCH	CM	INCH	CM
CHEST -	41	104				
WAIST	40	102				
HIP	43	109				
WRIST	3.6	9.1				
NECK	16	41				
BMI IDEAL BMI RANGE - 18.5-25 kg/m2	30.5 OBESE CLASS 1					
BMR	1417 KCAL					
BODY FAT %	43.3%					

Body Fat: 43.3%

Body Fat (U.S. Navy Method)	43.3%
Body Fat Category	Obese
Body Fat Mass	34.7 kg
Lean Body Mass	45.3 kg
Ideal Body Fat for Given Age (Jackson & Pollock)	23.8%
Body Fat to Lose to Reach Ideal	15.6 kg
Body Fat (BMI method)	42.0%

The American Council on Exercise Body Fat Categorization

Description	Women	Men
Essential fat	10-13%	2-5%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Average	25-31%	18-24%
Obese	32+%	25+%

COMORBIDITIES -

PARAMETERS	TESTED LEVELS	IDEAL RANGE
HIGH BLOOD SUGAR Hb1AC	5.8 (BORDERLINE)	4.2-5.7
HIGH CHOLESTEROL	226 (BORDERLINE)	BELOW 200 mg/dl
Vitamin D deficiency	6 (high deficiency)	30-100 ng/dl
Creatinine serum	0.9 (borderline)	0.4-0.9

MACRONUTRIENT BUDGET

CLIENT DETAILS	
Age	47
Sex	F
Height	162
Starting Weight	80
Goal Weight	60
Duration (in days)	300
NEAT PAL (24hr avg.)	1.1
EAT (kcal)	58

CALCULATIONS	
BMI	30.5
BMR (MET)	1800
DEE	1980
TDEE (DEE + EAT)	2038
Weight Loss Required	20
20 kg BF (in kcal)	154000
Daily Calorie Deficit	513
Daily Calorie Intake (TDEE - Deficit)	1525

MACRONUTRIENTS	g/kg	Total grams	Kcal	% Kcals
Protein	0.9	72	288	19
Fat	0.7	56	504	33
Carbohydrate	2.3	183	733	48
Total			1525	

VEG PLAN

Food Group	Servings	Grams	Energy (kcal)	PRO (g)	FAT (g)	CHO (g)
Carbohydrates						
Cereals & Millets	6	180	595	18	5	120
Pulses	1	30	90	6	1	15
Roots & Tubers		0	0	0	0	0
GLVs		0	0	0	0	0
OVs	4	400	80	6	1	12
Fruits (Low Carb)	2	200	74	2	0	15
Fruits (High Carb)		0	0	0	0	0
Sugar	1	5	20	0	0	5
Tapioca		0	0	0	0	0
Protein						
Egg		0	0	0	0	0
Egg White		0	0	0	0	0
Red Meat		0	0	0	0	0
Chicken		0	0	0	0	0
Fish (Low Fat)		0	0	0	0	0
Fish (High Fat)		0	0	0	0	0
Milk & Curd	1	100	59	3	3	5
Skimmed Milk	1	100	39	4	0	5
Soya Chunks		0	0	0	0	0
Tofu		0	0	0	0	0
Protein Powder	1	30	112	23	1	3
Fat						
Nuts & Seeds	2	30	200	8	16	6
Avocados	0	0	0	0	0	0
Cheese/Paneer	2	50	145	3	10	10

Visible Fat	4	20	180	0	20	0
Total			1593	73	58	195
%Kcals			-	18%	33%	49%
Target			1525	72	56	183
Difference			68.0	1.0	1.8	12.2
Allowed Difference			±100	±10	±10	±50

NON VEG PLAN

Food Group	Servings	Grams	Energy (kcal)	PRO (g)	FAT (g)	CHO (g)
Carbohydrates						
Cereals & Millets	6	180	595	18	5	120
Pulses		0	0	0	0	0
Roots & Tubers		0	0	0	0	0
GLVs		0	0	0	0	0
OVs	4	400	80	6	1	12
Fruits (Low Carb)	2	200	74	2	0	15
Fruits (High Carb)		0	0	0	0	0
Sugar	1	5	20	0	0	5
Tapioca		0	0	0	0	0
Protein						
Egg	2	100	182	14	14	0
Egg White		0	0	0	0	0
Red Meat		0	0	0	0	0
Chicken	3	150	282	30	18	0
Fish (Low Fat)		0	0	0	0	0
Fish (High Fat)		0	0	0	0	0
Milk & Curd	1	100	59	3	3	5
Skimmed Milk	1	100	39	4	0	5
Soya Chunks		0	0	0	0	0
Tofu		0	0	0	0	0

Protein Powder		0	0	0	0	0
Fat						
Nuts & Seeds		0	0	0	0	0
Avocados	0	0	0	0	0	0
Cheese/Paneer		0	0	0	0	0
Visible Fat	4	20	180	0	20	0
Total		1511	77	62	162	

FOOD BUDGET (NON- VEG)

FOOD TYPE	RAW WEIGHT (gm)	SERVING	COOKED WEIGHT (gm)
Cereals	180gm	6x	540gm
Vegetables	400gm	4x	-
Fruits	200gm	2x	-
Eggs	100gm	2x	-
Chicken/Fish	150gm	3x	120gm
Curd	100gm	1x	-
Oil	20gm	4x	-

FOOD BUDGET (VEG)

FOOD TYPE	RAW WEIGHT (gm)	SERVING	COOKED WEIGHT (gm)
Cereals	180gm	6x	540gm
Vegetables	400gm	4x	-
Fruits	200gm	2x	-
Pulses	30gm	1x	90-100gm
Protein powder	30gm	1x	-
Curd	100gm	1x	-
Oil	20gm	4x	-
Nuts and seeds	30gm	2x	-

VEGETARIAN MEAL PLAN

MEAL	OPTION	VEG	Qty	Alternative Recipe
After waking up		Apple cider vinegar 1tsp + 1tsp lemon juice + a pinch of sea salt with warm water		
BREAKFAST		Tea with milk and brown sugar	1 cup + 2 marie light biscuits	
	OPTION 1	Multigrain roti/paratha (made with olive oil) + vegetables/curry	2x 1 cup	<ul style="list-style-type: none"> • Stuffed paratha • Multigrain veg pasta/noodles
	OPTION 2	Vegetable uttapam/cheela (sooji/besan/ragi/jowar/kodo /poha)	2 pieces (70gmx 2 = 150gms)	<ul style="list-style-type: none"> • Vegetable upma • Veg idli • Veg dhokla
	OPTION 3	Vegetable sandwiches	4 medium bread slices + 1 cheese slice only	<ul style="list-style-type: none"> • Vegetable cutlet (airfried)
	OPTION 4	Vegetable Dalia	1 cup 250gms	

	OPTION 5	Dalia with milk and nuts	Dalia boiled 100gms + Toned milk (200 gm) + 5 almonds	<u>Multigrain pancakes</u> 150gm multigrain flour + 100ml toned milk + 1-2 teaspoon brown sugar
Pre Lunch Snack		FRUIT Apple/Pineapple/Papaya/Strawberry/ Melon/Guava/Pomegranate/ Orange + Walnut + Seed Mix	1/2 bowl (200gm) 1 whole (2 halves) 1 tablespoon (10gm)	<ul style="list-style-type: none"> • Mix fruit salad with nuts and seed mix • Curd based fruit custard • Curd based Fruit & nuts shake
		CURD	½ CUP (100gm)	ANYTIME/ WITH ANY MEAL
LUNCH	OPTION 1	Multigrain roti/bread/paratha (made with olive oil) + vegetables/curry +	2 1 cup	<ul style="list-style-type: none"> • Vegetable and boiled chhole wrap/frankie/roll

		Dal/Chhole/Rajma	1 cup (100gm)	
	OPTION 2	Rice/kodo/quinoa/dalia + vegetables/curry + Dal/Chhole/Rajma	1cup (200 gm) 1 cup 1 cup (100gm)	<ul style="list-style-type: none"> • Stir fried rice With vegetables and boiled chhole/ rajma/chane • Veg Khichdi • Curd based salad with vegetables, boiled quinoa and boiled chhole/rajma/chane • Chana dal Kadhi - chaval
SNACK	OPTION 1	Whey protein + Bread + peanut butter	1scoop (30gm) 1 slice bread 1 teaspoon peanut butter (5gm)	<p>Other options</p> <ul style="list-style-type: none"> • Roasted Puffed jowar/ragi (1cup-30gm) • Any vegetable salad • Any vegetable soup
	OPTION 2	Whey protein + Baked khakra	1scoop (30gm) 2 pieces	

	OPTION 3	Whey protein + Roasted makhana	1scoop (30gm) 1 cup (30gm)	
DINNER	OPTION 1	Multigrain roti/bread/paratha (made with olive oil) + Paneer curry with vegetable	2x Paneer (50 gm)	<ul style="list-style-type: none"> • Paneer vegetable cutlet (50gm paneer and 4 medium slices of bread) • Paneer vegetable sandwiches (50gm paneer + 4 bread slices) • Paneer vegetable roll (50 gm paneer & 2 rotis) • Paneer paratha 2pieces (cooked in olive oil)
	OPTION 2	Paneer+vegetable stir fried rice	Rice 1cup (180 gm) Paneer - 50gm	<ul style="list-style-type: none"> • Paneer vegetable dalia • Paneer vegetable pulav/biryani
	OPTION 3	Paneer & Quinoa salad with vegetables	Boiled quinoa 1 cup (180 gm) + Paneer (50gm)	<u>Paneer and pasta salad</u> Boiled pasta 1 cup(180gm) + Paneer (50gm)

NON - VEG MEAL PLAN

MEAL	OPTION	MEAL	Qty	Alternative Recipe
After waking up		Apple cider vinegar 1tsp + 1tsp lemon juice + a pinch of sea salt with a glass of warm water		
Breakfast		Tea with milk and brown sugar	1 cup + 2 marie light biscuits	
	Option 1	Egg Omlette + Bread toast	2 eggs 2 bread slices	Egg bhurji/poached eggs/Half fry
	Option 2	Egg roll	2 eggs 2 chapatis	
	Option 3	Boiled Egg + Paratha - chutney/vegetable curry	2 eggs 2 parathas(made with olive oil)	
	Option 4	Mashed Egg & vegetable sandwiches	2 eggs 2 bread slices	
Pre Lunch Snack		FRUIT Apple/Pineapple/Papaya/Strawberry/ Melon/Guava/Pomegranate/ Orange + Walnut +	1/2 bowl (200gm) 1 whole (2 halves)	<ul style="list-style-type: none"> ● Mix fruit salad with nuts and seed mix ● Curd based fruit custard ● Curd based Fruit & nuts shake

		Seed Mix	1 tablespoon (10gm)	
		CURD	½ CUP (100gm)	Any One Time in a day
LUNCH	OPTION 1	Multigrain roti/bread/paratha (made with olive oil) + Chicken/Fish curry	2 pieces 1 cup (Raw chicken/fish - 75 gm) OR Cooked Chicken/Fish weight without Stew/veggies (75gm)	<ul style="list-style-type: none"> • Chicken/fish & vegetable wrap/frankie/roll
	OPTION 2	Rice/kodo/quinoa/dalia + Chicken/Fish (roasted)	1cup (200 gm) Raw Chicken/Fish (75 gm) OR Cooked Chicken/Fish weight without Stew/veggies (75gm)	<ul style="list-style-type: none"> • Stir fried rice With vegetables and boiled chhole/ rajma/chane • Curd based salad with vegetables, boiled quinoa and boiled fish/chicken
SNACK	Option 1	Bread + peanut	1 medium	

		butter	bread slice + 5gm/1 teaspoon peanut butter	
	Option 2	Baked khakra	2 pieces	
	Option 3	Roasted makhana	1 cup 30 gm	
DINNER	OPTION 1	Multigrain roti/bread/paratha (made with olive oil) + Fish/Chicken curry with vegetable	2x Fish/Chicken 70gm	<ul style="list-style-type: none"> • Chicken/fish & cutlet (70gm fish/chicken and 4 medium slices of bread) • Chicken/Fish sandwiches (70gm chicken/fish+ 4 bread slices) • Chicken/fish roll (70 gm fish/chicken & 2 rotis) • Chicken/fish stuffed paratha Chicken/Fish (70gm) 2pieces (cooked in olive oil)
	OPTION 2	Chicken/fish stir fried rice	Rice 1cup (180 gm) Paneer - 50gm	<ul style="list-style-type: none"> • Chicken/Fish & vegetable dalia • Chicken pulav/biryani
	OPTION 3	Chicken/fish & Quinoa salad with vegetables	Boiled quinoa 1 cup (180 gm) + Chicken/fish (70gm)	<u>Chicken/fish and pasta salad</u> Boiled pasta 1 cup(180gm) + Chicken/fish (70gm)

Note - Fish that can be taken - Hilsa, tuna, salmon, pomfret,mackerel

SUPPLEMENTS -

- Fish oil omega-3 soft gel capsule - triple purified strength - 1 capsule with lunch/dinner
- Vitamin D2 + K2 + cal + zinc + magnesium supplement - 1 tablet per day (with dairy)
- Vitamin D3 softgel 60000 IU - once in 15 days
- Whey isolate - if following vegetarian diet
- Multivitamin - 1 tablet per day after lunch
- Collagen TYPE I & 3

FOOD YOU CAN HAVE ANY TIME :

- Vegetable chutney
- Vegetable Salads
- Vegetable soups

LATE NIGHT SNACKS (Any 1 of the following options) - only if you are very hungry

- Any Soup - 1 cup
- Vegetable salad/boiled/roasted vegetables - 1 cup
- Popcorn (no butter) - 1cup
- Roasted papad 1-2 with tomato-onion dip
- Roasted makhana - 1 cup
- Toned warm milk - 1 cup
- Shirataki noodles - 1 cup
- Rice paper vegetable wraps - 1-2

OILS TO USE

- Olive oil
- Cold pressed Canola oil
- Mustard oil
- Sesame oil

FOOD AND VEGETABLES NOT TO TAKE

- ✗ Mayonnaise
- ✗ Butter
- ✗ Ghee
- ✗ White sugar/mishri/Khand/Gud
- ✗ Deep fried/fried food
- ✗ Oats
- ✗ Seafood - crab, shellfish, sardines, prawns, clams etc
- ✗ Red meat - mutton, organ meat such as liver, kidney etc
- ✗ Vegetables **NOT** to take - mushrooms, potato, spinach, cauliflower, cabbage, broccoli, radish, lettuce, green peas, yellow peas, soybean, soy products such as tofu, soya nuggets, beans and legumes (in excess)

FOOD THAT CAN BE TAKEN WHEN OUTSIDE

(Ask the chef to use NO or less oil/no tadka)

- Tandoori chicken/paneer tikka with No or less oil/ghee
- Chhole/Paneer/Chicken masala without ghee/oil tadka
- Wheat roti without butter/ghee
- Any soup
- Any salad without mayonnaise
- Paneer/Chicken paratha (wheat paratha) in less or no oil
- Paneer/Chicken dosa
- Vegetable/Paneer uttapam in less oil
- Veg Upma/Poha
- Idli-sambar
- Subway sandwich/wrap/salad - chicken/egg/paneer
- Chicken/Paneer sandwich
- Paneer manchurian/ Chilly paneer
- Any water based drink with no/less sugar such as Mojito, ice tea, lemonade etc

EXERCISE SCHEDULE (Week 1-4)

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
WEEK 1	Arms & Shoulder	Cardio	Abs and Quads	Cardio	Back and Glutes	Cardio
WEEK 2	Arms & Shoulder	Cardio	Abs and Quads	Cardio	Back and Glutes	Cardio
WEEK 3	Arms & Shoulder	Cardio	Abs and Quads	Cardio	Back and Glutes	Cardio
WEEK 4	Arms & Shoulder	Cardio	Abs and Quads	Cardio	Back and Glutes	Cardio

DAY 1 - ARMS & SHOULDER

Exercise	Reps X Set	Dumbbell/weight
Bicep Curls	10 x 3	2-2 kg Or 3-3 kg

https://youtu.be/1f-7RImGKCI?si=7VzEjMVM2Qsutcp3		
Hammer Curls https://youtu.be/tdeOpD4nwjw?si=UsTvoAUK_3TKjnWh	10 x 3	2-2 kg Or 3-3 kg
Overhead Press https://youtu.be/qH__5vr-q7M?si=EzltOVftUXaTQYUh	10 x 3	2-2 kg Or 3-3 kg
Around the world https://youtu.be/_91Uo7ev_f8?si=jjjGZvjQ4tLfl6hv	10 x 3	1-1 Or 2-2 kg
Tricep kickbacks https://youtu.be/o_SL5vMZutc?si=fiENqFz7iomfyTN9 https://youtu.be/XWG9sQ8QYFw?si=s3Msu0paQDPc3FAg	10x3	1-1 Or 2-2 kg

DAY 2 - CARDIO		
Exercise	Pondage	Time

Reverse crunches https://youtu.be/OzRiZ6QgnTA?si=bk_cjDgXz992t1o43 https://youtu.be/gAyTBB4Im3I?si=xo0_aaHlpwTFpS9WM	10 x 3	Body weight
Russian twists https://youtu.be/4wNNCQj2mV4?si=P_v08zAFSFtRdhcGm https://youtu.be/DJQGX2J4IVw?si=7_W3pgNHkYCnCtbbY	10x3	Body weight

DAY 4 - CARDIO

Exercise	Pondage	Time
Elliptical cross trainer	Level 2-4	20-30min

DAY 5 - BACK, GLUTES & HAMSTRINGS

Exercise	Reps X Set	Dumbbell/weight
Bent over dumbbell rows	10 x 3	2-2 kg Or 3-3 kg

<p>https://youtube.com/shorts/vN8xskk-7G8?si=pykR6qHF05Gg_Mrb</p> <p>https://youtube.com/shorts/dpYl8K6e-jE?si=GpTVO4t2Nb5q_j19</p>		
<p>Lat pulldowns</p> <p>https://youtu.be/AOpi-p0cJkc?si=oknyDYu6MW3FCmUQ</p> <p>https://youtube.com/shorts/CC45F_iEv_dU?si=kHWljbv-xHJAX7x3</p>	<p>10 x 3</p>	<p>Level 1-4</p> <p>5-15 kg</p>
<p>Dumbbell deadlift</p> <p>https://youtube.com/shorts/feJT8sDPfAA?feature=shared</p> <p>https://youtu.be/Z87e0ATAsRw?feature=shared</p> <p>https://youtu.be/ZEnWV4kguKc?feature=shared</p>	<p>10 x 3</p>	<p>2-2 kg Or 3-3 kg</p>
<p>Leg curls</p> <p>https://youtu.be/x-HN83Xc0o4?feature=shared</p> <p>https://youtu.be/k5H-vrWmBHc?feature=shared</p>	<p>10 x 3</p>	<p>5 kg poundage (level 1)</p>

<p>GLute/Donkey kicks</p> <p>https://youtu.be/4ranVQDqlaU?feature=shared</p> <p>https://youtube.com/shorts/XS8Lkj5t6co?feature=shared</p> <p>https://youtu.be/BNDw4ciQoQI?feature=shared</p>	10x3	Bodyweight
<p>Weighted Lateral kicks</p> <p>https://youtu.be/NR1L_9Es4rU?feature=shared</p>	10x3	5 kg plate

DAY 6 - CARDIO		
Exercise	Pondage	Time
Bi - Cycle	Level 2-4	20-30 min