



By:
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Hey Fitness Enthusiast!

I know you as someone who really loves to endeavour for better fitness and health. You have always been an enthusiastic person who wants to reach your fitness goals.

My goal as a coach is to help you understand nutrition well, so that you can sustain for a lifetime! And not just for a short period of time with a temporary diet plan.

Here is your Nutrition plan.

Nutrition Plan:

Do's:

- At least 3-4 liters of water a day.
- Think of a meal as portions of carbohydrates, proteins and fat.
- Have a bowl to measure carbohydrates and protein mainly.
- Limit the amount of carbohydrates before bed.
- **Drop me a picture of all three meals that you take in a day through whatsapp.**

Don'ts:

- Avoiding deep fried and oily food.
- Limiting simple sugar intake like - cakes, desserts.
- Avoiding processed food such as maida.
- Avoid unnecessary snacking between meals or work time.

Having any of your favourite food items 1 day in a week is not a problem if you have done your clean eating for at least 6 days a week.

So, make that one favourite food item of yours deserving by working hard on the other days.

Breakfast:

Option 1: 2 cheela with less oil + peanut butter 2 spoons + sprouted mung half cup

Option 2: bread omelet - 2 slice of bread + omelet

Option 3: whey smoothie - 2 bananas + 1 scoop whey + 2 spoons of sattu



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Lunch:

Option 1: 2 Roti + choley 1 cup

Option 2: 3 roti + 80-100g paneer + curry

Option 3: 1 cup rice + 2 whole eggs + 3 whites + curry

Dinner:

Option 1: 1 cup rice + soy chunk (boil 2 handfull) or make a curry+ curry + salad - carrot, cucumber

Option 2: 2 roti + 100g chicken boiled with salt, ginger garlic paste + home made curry

Option 3: 2 roti + 3 whole egg bhurji + salad

Wishing you all the best for an amazing fitness journey ahead!