



Muscle Time Fitness

[Diet Plan for Beginner]

Sunday

Breakfast (8:00-8:30 AM) - Aloo Paratha (2) + Raita (1 cup)

Mid-Meal(11:00-11:30 AM) - Fruit Salad (1 cup) + Tender Coconut Water (1 glass)

Lunch (2:00-2:30PM) - 1 cup moong dal + 1 cup bhindi + 2 chapatti + salad

Evening (4:00-4:30 PM) - Tea/ Coffee (1 cup) + Boiled Chana Chat (1 cup)

Dinner (9:00-9:30 PM) - Chapati (2) + Jeera Aloo (1 cup)

Monday

Breakfast (8:00-8:30 AM) - Chapati ((2) + Daal (1 cup)

Mid-Meal(11:00-11:30 AM) - Fruit Salad (1 cup) + Tender Coconut Water (1 glass)

Lunch (2:00-2:30PM) - 1 cup raima + 1 cup gobhi aloo + 1 cup cucumber raita +
1 cup rice + 1 chapati + onion salad

Evening (4:00 to 4:30) - Tea/ Coffee (1 cup) + Aloo Chat (1 cup)

Dinner (8:00-8:30 PM) - Chapati (2) + Mix Veg.

Tuesday

Breakfast - (8:00-8:30 AM) Cheela (2) + Raita (1 cup)

Mid-Meal - (11:00-11:30 AM) - Fruit Salad (1 cup) + Tender Coconut Water (1 glass)

Lunch - (2:00-2:30PM) - 1 cup chicken curry + 1 cup boiled rice + 2 chapati + salad

Evening - (4:00-4:30 PM) - Tea/ Coffee (1 cup) + Papri Chaat (1 cup)

Dinner - (8:00-8:30 PM) - Chapati (2) + Fish Curry (1 cup)

Wednesday

Breakfast - (8:00-8:30 AM)Veg. Poha (1 cup) + Raita (1/2 cup)

Mid-Meal - (11:00-11:30 AM) - Fruit Salad (1 cup) + Tender Coconut Water (1 glass)

Lunch - (2:00-2:30PM) 1 cup white chana + palak paneer + 1 cup rice + 1 chapati + salad

Evening - (4:00-4:30 PM). - Tea/ Coffee (1 cup) + Mur-mure Chat (1 cup)

Dinner (8:00-8:30) - Chapati (2) + Mustard Greens (1 cup)

Thursday

Breakfast (8:00 8:30) - Aloo Paratha (2) + Raita (1 cup)

Mid-Meal - (11:00-11:30 AM) - Fruit Salad (1 cup) + Tender Coconut Water (1 glass)

Lunch - (2:00-2:30PM) - 1 cup soy bean curry + 1 cup tinda vegetable + 2 chapati + salad

Evening - (4:00-4:30 PM). - Tea/ Coffee (1 cup) + Boiled Chana Chat (1 cup)

Dinner (8:00-8:30) - Chapati (2) + Bottle Gourd Curry (1 cup)

Friday

Breakfast (8:00 - 8:30) - Chapati (2) + Daal (1 cup)

Mid-Meal - (11:00-11:30 AM) - Fruit Salad (1 cup) + Tender Coconut Water (1 glass)

Lunch - (2:00-2:30PM) - 1 cup fish curry + 1 cup boiled rice + 1 chapati + 1 cup ghia raita + salad

Evening - (4:00-4:30 PM). - Tea/ Coffee (1 cup) + Aloo Chat (1 cup)

Dinner (8:00-8:30) - Chapati (2) + Matar and Mushroom Curry (1 cup)

Saturday

Breakfast (8:00 - 8:30) - Veg Upma (1 cup) + Raita (1/2 cup)

Mid-Meal - (11:00-11:30 AM) - Fruit Salad (1 cup) + Tender Coconut Water (1 glass)

Lunch - (2:00-2:30 PM) - 1 cup chicken curry + 1 cup rice + salad

Evening - (4:00-4:30 PM). - Tea/ Coffee (1 cup) + Papri Chaat (1 cup)

Dinner (8:00-8:30) - Chapati (2) + Kofta (1 cup)