

Customized by UrsFitManohar

ISSUE DEC 2024

SOUTH

INDIAN

DIET BOOK



BREAKFAST

LUNCH

DINNER

(FAT LOSS & ANTI-AGING, BODY RECOMP)

**STOP
COUNTING**

**KCAL
AND START
COUNTING**

NUTRIENTS



2025



**SAY
GOOD BYE
TO
YOUR
TRAINER**





WHY DIETS FAIL?



Embarking on a diet can be a challenging journey, and many individuals find themselves struggling to achieve long-term success. Understanding the reasons why diets fail can help you avoid these pitfalls and create a sustainable approach to weight management.

Unrealistic Expectations

Many people start diets with unrealistic goals, such as losing a large amount of weight in a short period. This can lead to disappointment and frustration when results are not immediate. Setting achievable goals, such as losing 1-2 pounds per week, is more sustainable and healthier.

Overly Restrictive Diets

Diets that eliminate entire food groups or severely restrict calories are difficult to maintain. Such restrictions can lead to nutrient deficiencies, increased cravings, and eventual binge eating. A balanced diet that includes all food groups in moderation is more effective for long-term success.

Lack of Nutritional Knowledge

Not understanding the nutritional content of foods can lead to poor dietary choices. Many people underestimate the calories in "healthy" foods or fail to track their intake accurately. Utilizing nutrition apps or consulting with a dietitian can provide better insight into your dietary habits.

Skipping Meals

Skipping meals may seem like an easy way to cut calories, but it often leads to overeating later in the day due to increased hunger. Regular, balanced meals help maintain energy levels and prevent excessive hunger.

MY FITN



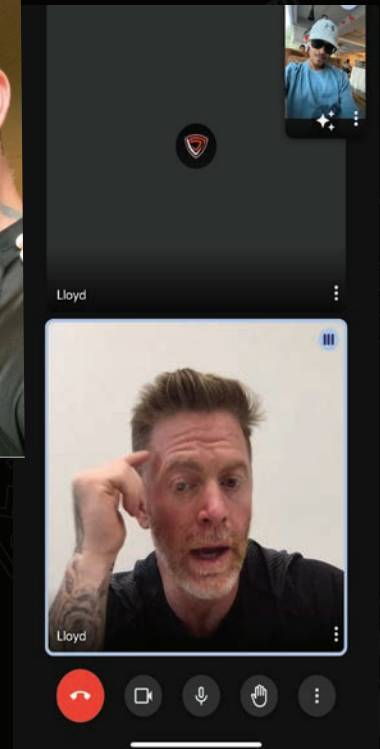
Dr. Rashmi Shetty: Holistic Approach to Fitness

Dr. Rashmi Shetty, a renowned dermatologist, has taught you that fitness extends beyond just building muscle or losing fat. Her approach emphasizes the importance of skin and hair health as integral components of overall wellness

Key Lessons:

- 1. Hydration is crucial:** Dr. Shetty stresses the importance of proper hydration for skin elasticity and strength.
- 2. Nutrition matters:** A “rainbow diet” rich in fruits, vegetables, whole grains, and healthy fats is essential for glowing skin and overall health.
- 3. Exercise benefits skin:** Regular physical activity increases blood flow, nourishing skin cells and promoting a natural glow.
- 4. Skincare routines:** Implementing consistent skincare routines, including sun protection and appropriate treatments, contributes to long-term skin health

LESS GURUS



Lloydstevenspt

Dear Coach,
Thanks for being a part of my fitness journey
I'm a lot better coach to all my clients because I have really good coach.

Lloyd Stevens: Dedication and Consistency in Training

Lloyd Stevens, a celebrity fitness trainer known for his work with Bollywood stars like Ranveer Singh, has been instrumental in your fitness journey. His approach focuses on sustainable, long-term results through consistent effort.

Key Lessons:

- 1. Simplicity and hard work:** D Simplicity and hard work: Stevens emphasizes that transformations are achieved through consistent effort and dedication, rather than quick fixes
- 2. Customized approach:** As seen in his work with Ranveer Singh, Stevens tailors fitness plans to individual needs and goals
- 3. Sustainable methods:** He advocates for approaches that can be maintained in the long term, avoiding unsustainable quick fixes.
- 4. Variety in training:** Incorporating different types of exercises and activities helps maintain engagement and overall fitness

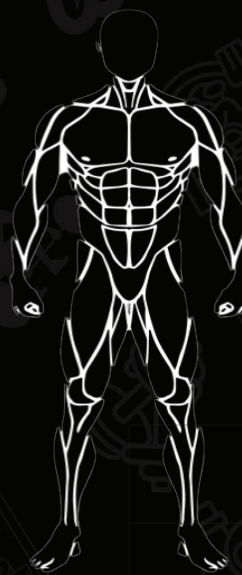
TYPES OF BODY SHAPES



ENDOMORPH

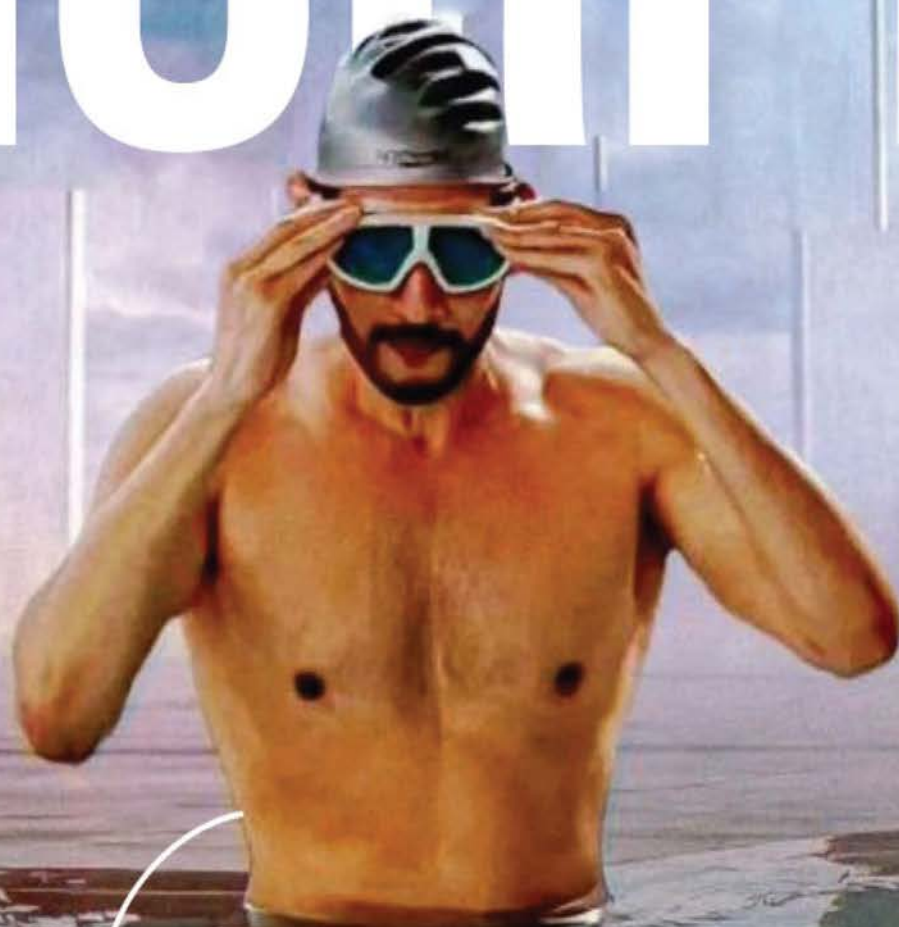


MESOMORPH



ECTOMORPH

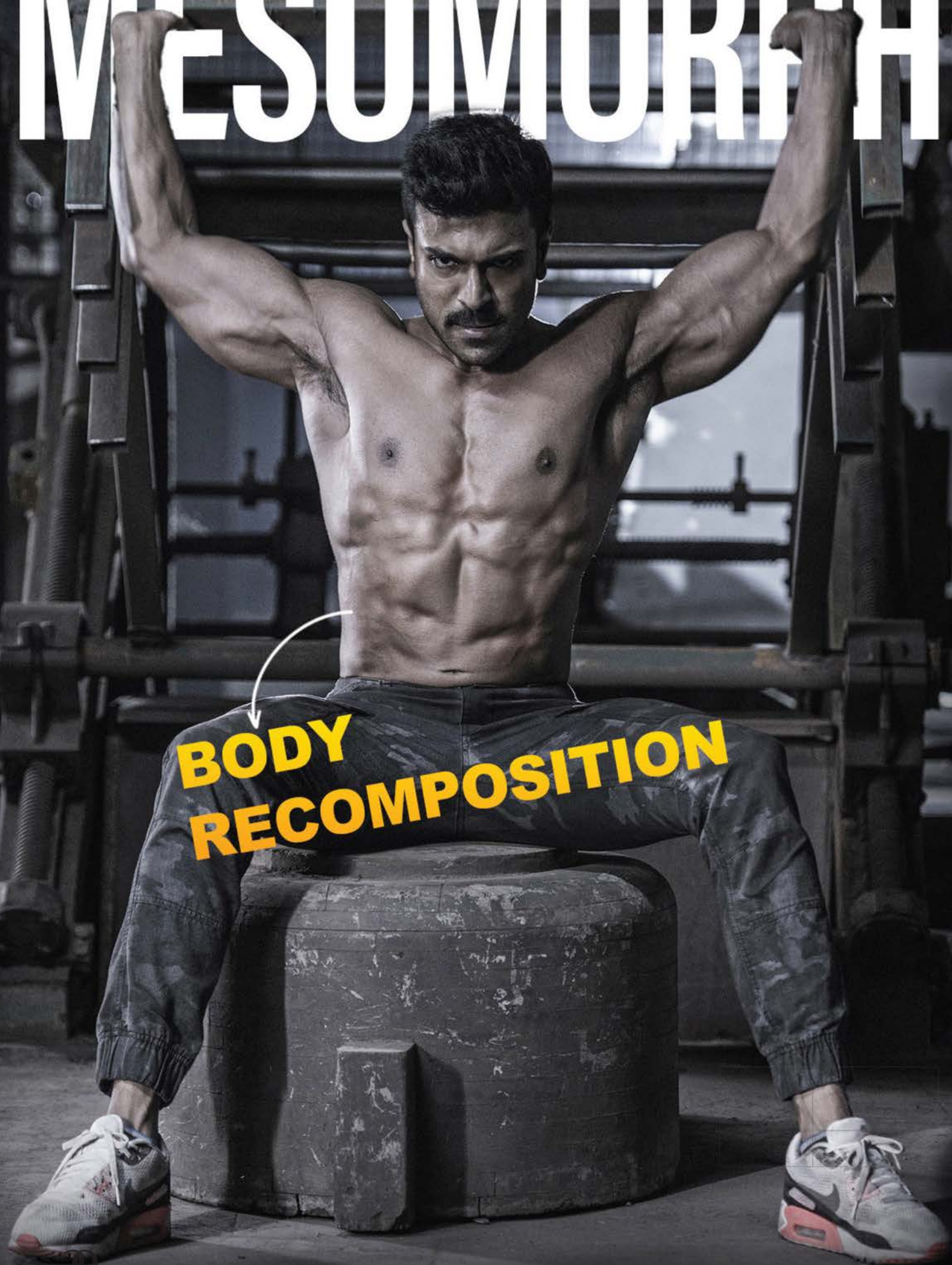
ECTO MORPH

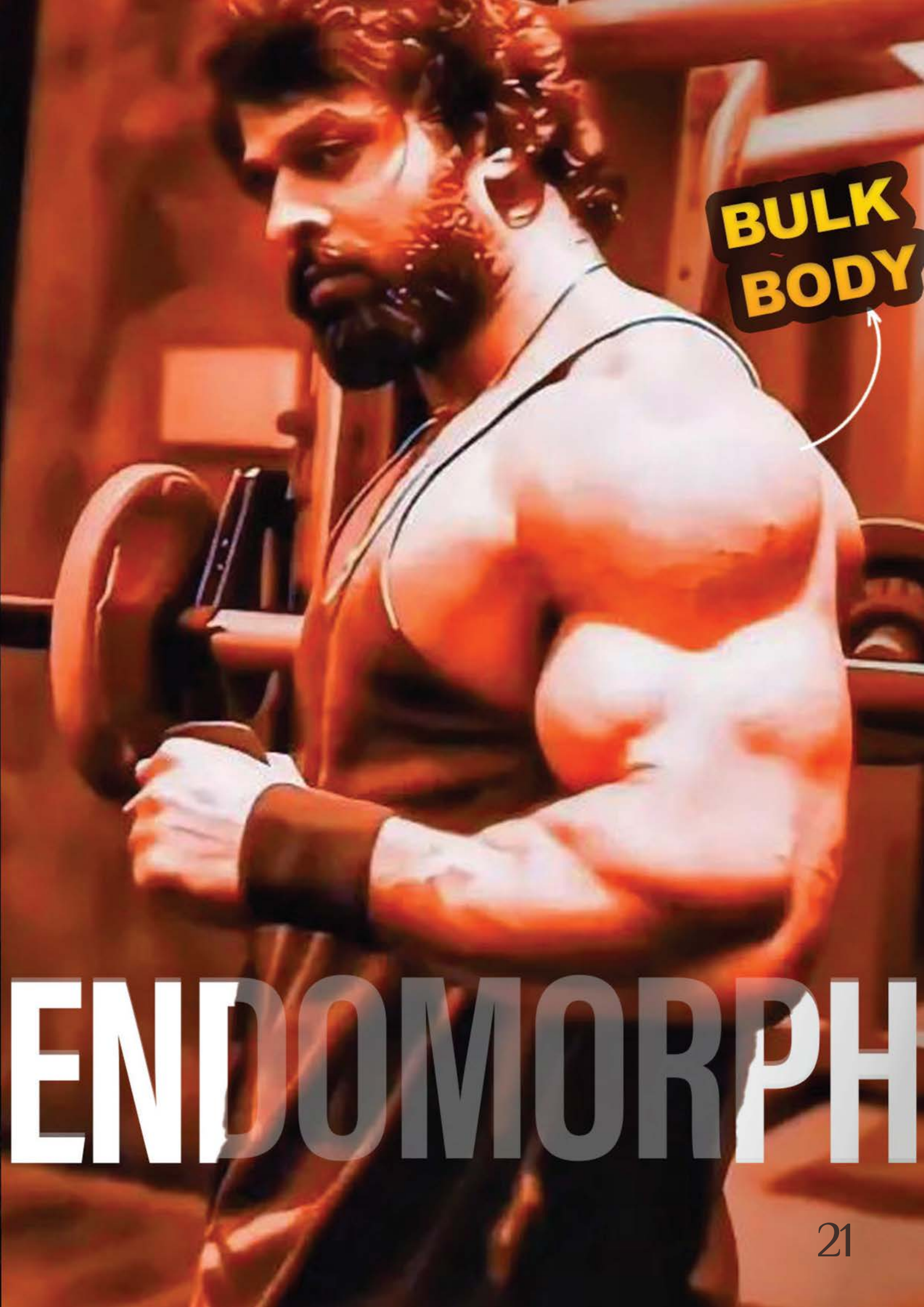


LEAN BODY

MESOMORPH

**BODY
RECOMPOSITION**





**BULK
BODY**

ENDOMORPH

SUCCESS

Ursfit Manohar
personal trainer



Sriram

"UrsFitManohar is a miracle worker! I've lost an incredible 52.35 kg. This program has given me a new life."



Disclaimer Results are not typical and individual results may vary from person to person

Ursfit Manohar
personal trainer



Sai Prasad

Incredible transformation! Easy-to-follow South Indian diet plan made cooking a breeze. Lost 19.25kg effortlessly.



Disclaimer Results are not typical and individual results may vary from person to person

Ursfit Manohar
personal trainer



Ravi

"UrsFitManohar's energy and support pushed me to new limits! I've seen significant improvements in strength and endurance. Grateful!!"



Disclaimer Results are not typical and individual results may vary from person to person

Ursfit Manohar
personal trainer



Subbu

"UrsFitManohar stunned me with results! His support, motivation, and tasty, healthy diet made my fitness journey incredible."



Disclaimer Results are not typical and individual results may vary from person to person

Ursfit Manohar
personal trainer



muralidhar Reddy satti

Fantastic progress! 13.85 trkg lighter thanks to clear, easy-to-cook South Indian recipes.



Disclaimer Results are not typical and individual results may vary from person to person

Ursfit Manohar
personal trainer



Charan

Thrilled with 12kg weight loss! Straightforward cooking directions made healthy eating simple.



Disclaimer Results are not typical and individual results may vary from person to person

STORIES

Ursfit Manohar
personal trainer



Chaitanya

"UrsFitManohar turned my six-pack dream into reality! Lost fat, gained strength, and confidence. Fitness is now my lifestyle."



Disclaimer

Results are not typical and individual results may vary from person to person

Ursfit Manohar
personal trainer



Venkat Kishore

Fantastic journey! Lost 3kg with easy-to-understand cooking directions that made meal prep enjoyable.



Disclaimer

Results are not typical and individual results may vary from person to person

Ursfit Manohar
personal trainer



Jayanth

Loss 10.3kg healthily. Easy-to-follow instructions for nutritious South Indian meals.



Disclaimer

Results are not typical and individual results may vary from person to person

Ursfit Manohar
personal trainer



Sumanth

"Thanks to ursfitmanohar's incredible workout and diet plan, I shocked everyone with my transformation. From casual to corporate, they can't believe it's me! 🙌"



Ursfit Manohar
personal trainer



Gopi

"UrsFitManohar's program transformed my body in 6 months! Achieved my six-pack goal. Inspiring journey to a healthy lifestyle."



Disclaimer

Results are not typical and individual results may vary from person to person

Ursfit Manohar
personal trainer



Rakesh

"UrsFitManohar made gym fun! Learned new exercises, diet techniques. Saw physical changes, improved mental health. Amazing trainer!"



Disclaimer

Results are not typical and individual results may vary from person to person

SUCCESS

Ursfit Manohar
personal trainer



Phani Kumar

Lost 8.45kg effortlessly. Simple, tasty South Indian recipes with easy-to-understand directions.



Ursfit Manohar
personal trainer



anishedmasthan

Down 7.2kg! User-friendly diet plan with clear instructions made cooking enjoyable.



Ursfit Manohar
personal trainer



Vamsi Krishna

Lost 6.7kg as a couple. Easy-to-cook recipes made healthy eating enjoyable for both of us.



Ursfit Manohar
personal trainer



Vishnu

Shed 6kg easily. Clear instructions made preparing healthy South Indian meals a breeze.



Ursfit Manohar
personal trainer



Vijay

Down 8.2kg! Easy-to-follow diet plan with clear cooking guidelines. Great for beginners.



Ursfit Manohar
personal trainer



Akshay

Shed 6kg with ease. Simple recipes and clear guidance made healthy eating enjoyable.



STORIES

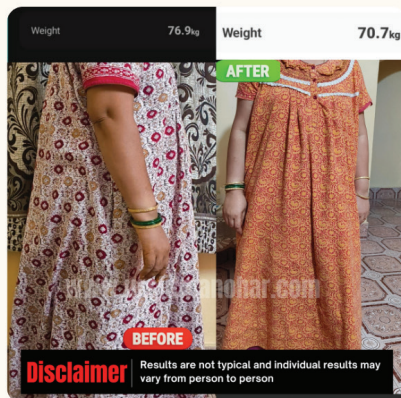
Ursfit Manohar

personal trainer

4.5
RATING

surya Kumari

Despite thyroid, lost 6.2kg! Easy-to-follow South Indian diet with clear cooking instructions.



Ursfit Manohar

personal trainer

4.4
RATING

Sri Harsha

Loss 26kg healthily. Clear directions made cooking nutritious meals simple and fun.



Ursfit Manohar

personal trainer

4.9
RATING

uday

Amazed by results! Simple instructions for delicious meals. Down 5.7kg and still going strong.



Ursfit Manohar

personal trainer

3.9
RATING

Ranjan

Down 4kg! User-friendly diet plan with simple cooking directions. Perfect for busy lifestyles.



Ursfit Manohar

personal trainer

4.5
RATING

**Abhinav Rao
Abroad**

Great experience! The diet was easy to follow, and I lost 4.7kg without stress. Cooking instructions were clear and helpful.



Ursfit Manohar

personal trainer

4
RATING

Maniratnam

Lost 4kg effortlessly. Clear, concise instructions made South Indian cooking accessible and fun.



SUCCESS

Ursfit Manohar
personal trainer



Mounika

Thrilled with my weight loss! Clear instructions made cooking South Indian meals a breeze. Lost 4.25kg effortlessly.



Ursfit Manohar
personal trainer



Santhoshi Kancharla

"ursfitmanohar's personalized plan helped me lose 4.5kg despite PCOD & thyroid issues. I went from hopeless to achieving my goal. Truly life-changing!"



Ursfit Manohar
personal trainer



Nishitha

Satisfied with my progress! Lost 4.1kg thanks to simple recipes that were easy to follow even for beginners.



Ursfit Manohar
personal trainer



Prasanna

Thanks to ursfitmanohar diet program, I've seen incredible changes in just 4 months! The personalized guidance helped me transform my lifestyle and achieve amazing results.



Ursfit Manohar
personal trainer



Subha

Despite thyroid issues, lost weight easily with clear cooking directions for delicious meals.



Ursfit Manohar
personal trainer



Keerthi Gowda

Great results! Lost 1.7kg with user-friendly cooking instructions that made healthy eating enjoyable.



STORIES

Ursfit Manohar
personal trainer



Anand Babu

Lost weight effortlessly! Simple recipes made cooking enjoyable and healthy.



Disclaimer Results are not typical and individual results may vary from person to person

Ursfit Manohar
personal trainer



Venkat Narayana

Lost 5kg effortlessly. User-friendly recipes made South Indian cooking accessible for all.



Disclaimer Results are not typical and individual results may vary from person to person

Ursfit Manohar
personal trainer



Malli Babu

Great results! Lost 4.25kg with user-friendly diet plan. Cooking became enjoyable and effortless.



Disclaimer Results are not typical and individual results may vary from person to person

Ursfit Manohar
personal trainer



Sowjanya

Lost almost 2.2kg easily! Clear instructions made meal prep straightforward and fun.



Disclaimer Results are not typical and individual results may vary from person to person

Ursfit Manohar
personal trainer



prem

I lost 2.85kg together. User-friendly meal plan with easy-to-follow cooking directions.



Disclaimer Results are not typical and individual results may vary from person to person

Ursfit Manohar
personal trainer



Michael

Shed 2.6kg with ease. Straightforward cooking guidelines for delicious South Indian meals.



Disclaimer Results are not typical and individual results may vary from person to person

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BREAKFAST/WEIGHT LOSS

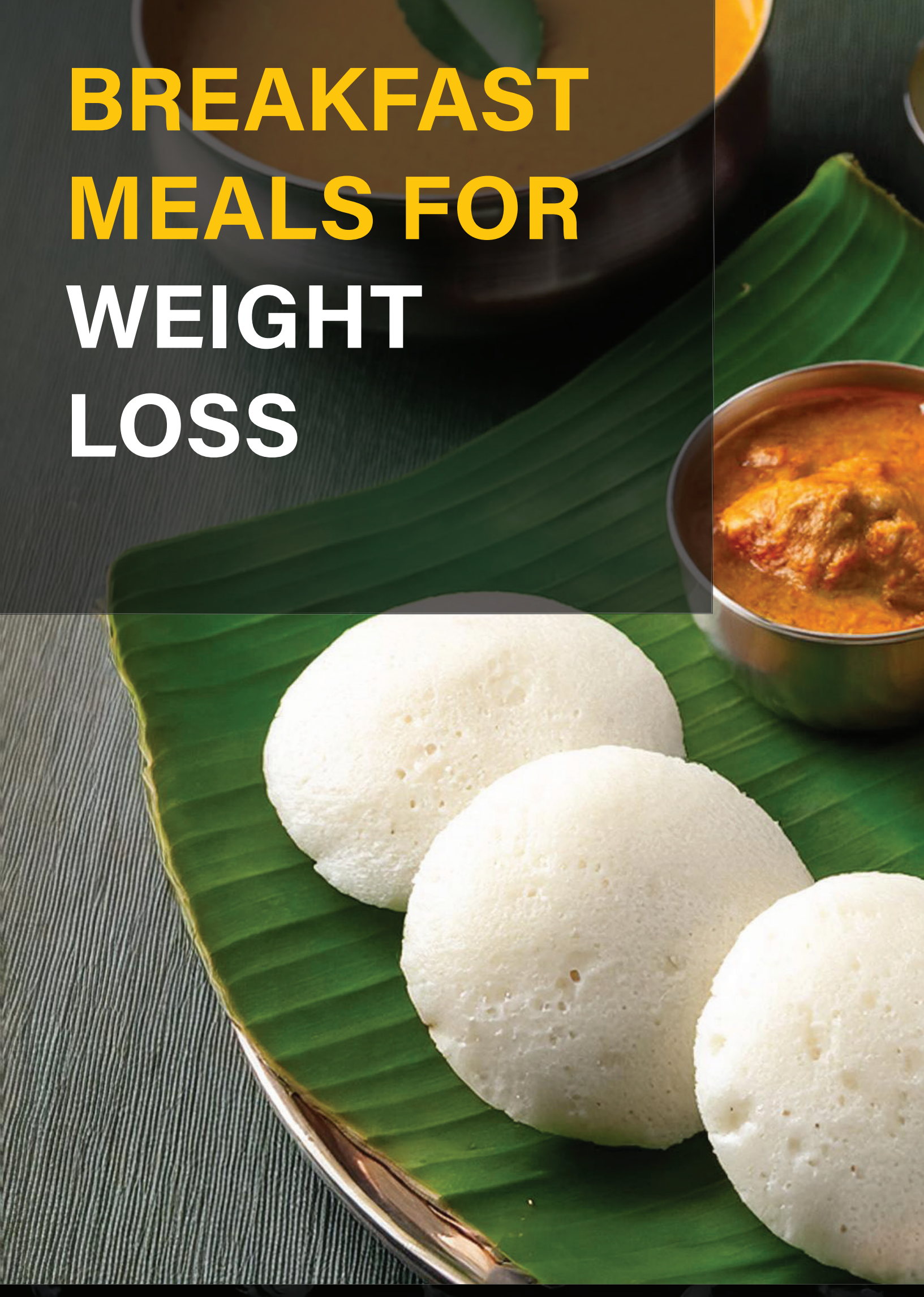
s.no	Meal For	Meal Type	Meal Name	Meal Type	Egg Availability	Calories
1	WL	BM	Egg Masala Dosa	Veg	With Egg	307
2	WL	BM	idli with sambar	Veg	No Egg	468
3	WL	BM	upma whole eggs	Veg	With Egg	355
4	WL	BM	poori with aloo kurma	Veg	With Egg	327
5	WL	BM	oats uttapam with tomato chutney	Veg	With Egg	435
6	WL	BM	chapati with potato curry	Veg	With Egg	430
7	WL	BM	vada with coconut chutney	Veg	With Egg	453
8	WL	BM	egg bonda and idli with coconut chutney	Veg	With Egg	366
9	WL	BM	gunta pongadalu	Veg	With Egg	413
10	WL	BM	oats dosa with tomato chutney	Veg	With Egg	453
11	WL	BM	egg pesarattu with coconut chutney	Veg	With Egg	360
12	WL	BM	Idli With Cup Sambar and 5 Almonds	Veg	No Egg	346
13	WL	BM	Egg Masala Dosa and 5 Almonds	Veg	With Egg	280
14	WL	BM	Egg Masala Dosa and 50G Poha	Veg	With Egg	424
15	WL	BM	Idli With Cup Sambar and 50G Poha	Veg	No Egg	490
16	WL	BM	Cornflakes With Skim Milk and Green Tea	Veg	No Egg	215
17	WL	BM	Brown Bread With Cheese	Veg	No Egg	524.5
18	WL	BM	protein laddu or protein balls	Veg	No Egg	459
19	WL	BM	Egg Masala Dosa	Veg	With Egg	514
20	WL	BM	Oats Smoothie	Veg	No Egg	317
21	WL	BM	Berry bowl	Veg	No Egg	683
22	WL	BM	high protein grilled sandwich (veg)	Veg	No Egg	855
23	WL	BM	high protein grilled sandwich (non veg)	Veg	No Egg	663
24	WL	BM	Egg Sandwich	Veg	with Egg	621
25	WL	BM	Peanut Butter Sandwich	Veg	No Egg	527
26	WL	BM	Bread Omelette	Veg	with Egg	280

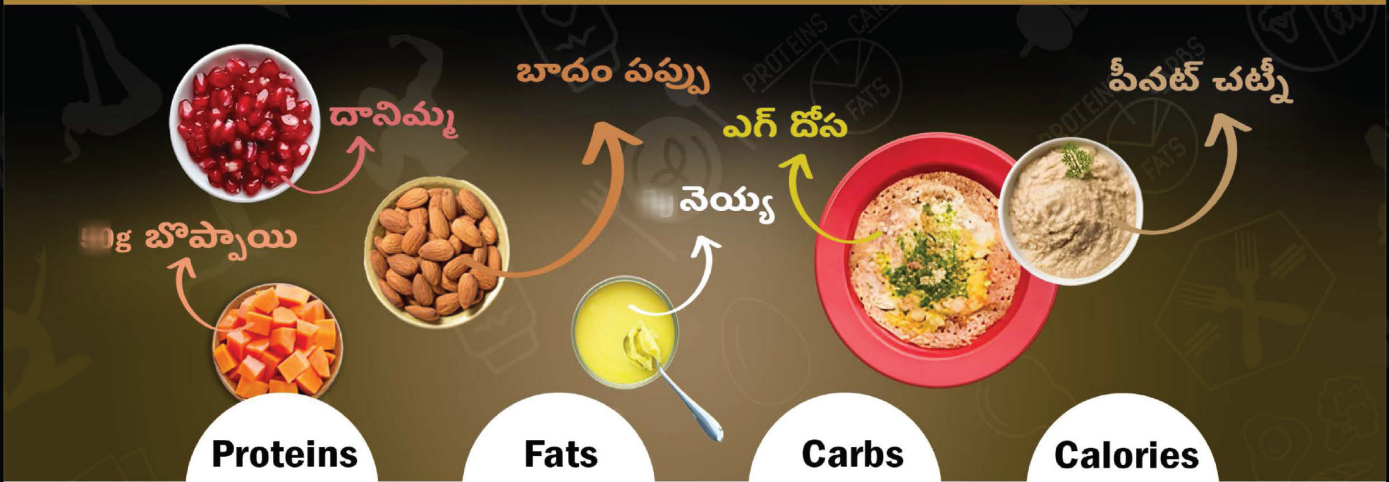
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LUNCH/WEIGHT GAIN

s.no	Meal For	Meal Type	Meal Name	Meal Type	Egg Availability	Calories
109	WG	LM	ProteinOats or Rice with Palak paneer	veg	no egg	1421
110	WG	LM	Schezwan paneer fried rice	veg	no egg	1087
111	WG	LM	Chicken Fried Rice	non veg	with egg	1066
112	WG	LM	Sambar Rice	veg	no egg	1113
113	WG	LM	Mudhapappu Avakai	veg	no egg	743
114	WG	LM	Mutton with Potato Curry	non veg	with egg	784
115	WG	LM	Natu Kodi Pulusu With Ragi Sangati	non veg	with egg	1236
116	WG	LM	GUTTI vankai kura With Ragi Sangati	veg	with egg	944
117	WG	LM	aloo Paratha with curd and chicken keema	non veg	no egg	1147
118	WG	LM	Tomato Rice with chicken makhani curry	non veg	no egg	1004
119	WG	LM	jeera rice with chepala pulusu	non veg	no egg	680
120	WG	LM	Grilled Wrap	veg	no egg	627
121	WG	LM	Chicken Keema wrap 2 whole eggs	non veg	with egg	816
122	WG	LM	Mudda Pappu Annam with Andhra Style Kodi Kura	non veg	no egg	1179
123	WG	LM	Mudda Pappu Annam with Paneer Tika Masala	veg	no egg	1063
124	WG	LM	Mushroom Rice With Dondakai Fry	veg	no egg	826
125	WG	LM	Aloo Gobhi or potato cauliflower curry with egg masala fry	veg	with egg	792
126	WG	LM	Nutrient dense Chicken Pulao	non veg	with egg	732
127	WG	LM	Mushroom Egg Fried Rice	veg	with egg	828
128	WG	LM	Keto-friendly Veg Pizza	veg	no egg	876
129	WG	LM	Anabolic burger	non veg	no egg	821
130	WG	LM	Avakado Toast	veg	with egg	880
131	WG	LM	Egg Noodles	veg	with egg	819
132	WG	LM	Chickpea Recipe or Chana Recipe with Whole Wheat Paratha	non veg	no egg	823
133	WG	LM	Chicken Stroganoff	non veg	no egg	945
134	WG	LM	paneer Stroganoff	veg	no egg	1416
135	WG	LM	ladies finger fry with dal	veg	with egg	1196
136	WG	LM	Chicken ceasar Salad	non veg	no egg	954.3

BREAKFAST MEALS FOR WEIGHT LOSS





Note: The above calculations are taken as Approximate Values



Egg Dosa With Peanut Chutney , Almonds and Papaya, Pomegranates

INGREDIENTS

Ingredients scaled to 1 serving

- >> 1 Egg
- >> 1/2 cup Dosa Batter
- >> 1/2 cup Peanut Chutney
- >> 1/2 cup Almonds
- >> 1/2 cup Papaya
- >> 1/2 cup Pomegranates

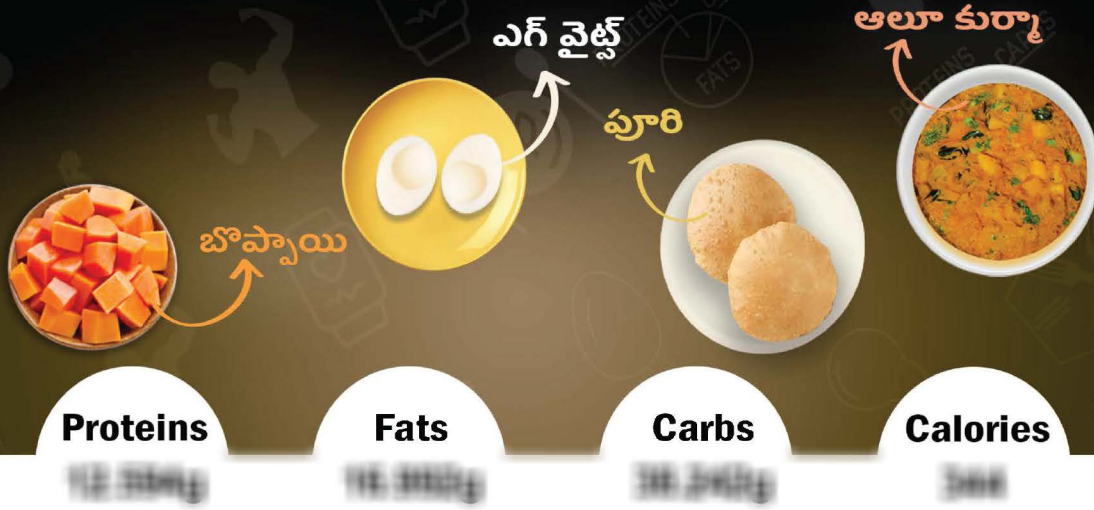
DIRECTIONS

1. Peel and dice the 1/2kg of papaya into small cubes. Then, deseed the pomegranates (1/2kg) and eat aside the arils. After slice the five almonds for garnishing.

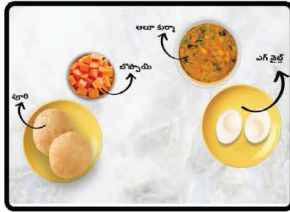
2. Now heat a non-stick pan over medium heat. Pour a ladleful of dosa batter onto the pan and spread it in a circular motion to form a thin layer. Crack an egg on top of the dosa and spread it gently. Cook until the dosa is crispy on one side, then flip to cook the egg side briefly.

3. In a blender, combine 1/2kg of peanuts with water, salt, chili, garlic, and tamarind paste for flavor. Blend until smooth consistency is achieved. Adjust seasoning if necessary.

By following these steps, you can enjoy a wholesome meal consisting of One Egg Dosa served with fresh papaya cubes, pomegranate arils sprinkled on top, sliced almonds for added crunchiness, and accompanied by flavorful peanut chutney.



Note: The above calculations are taken as Approximate Values



Poori With Aloo Kurma and Papaya , Egg Whites

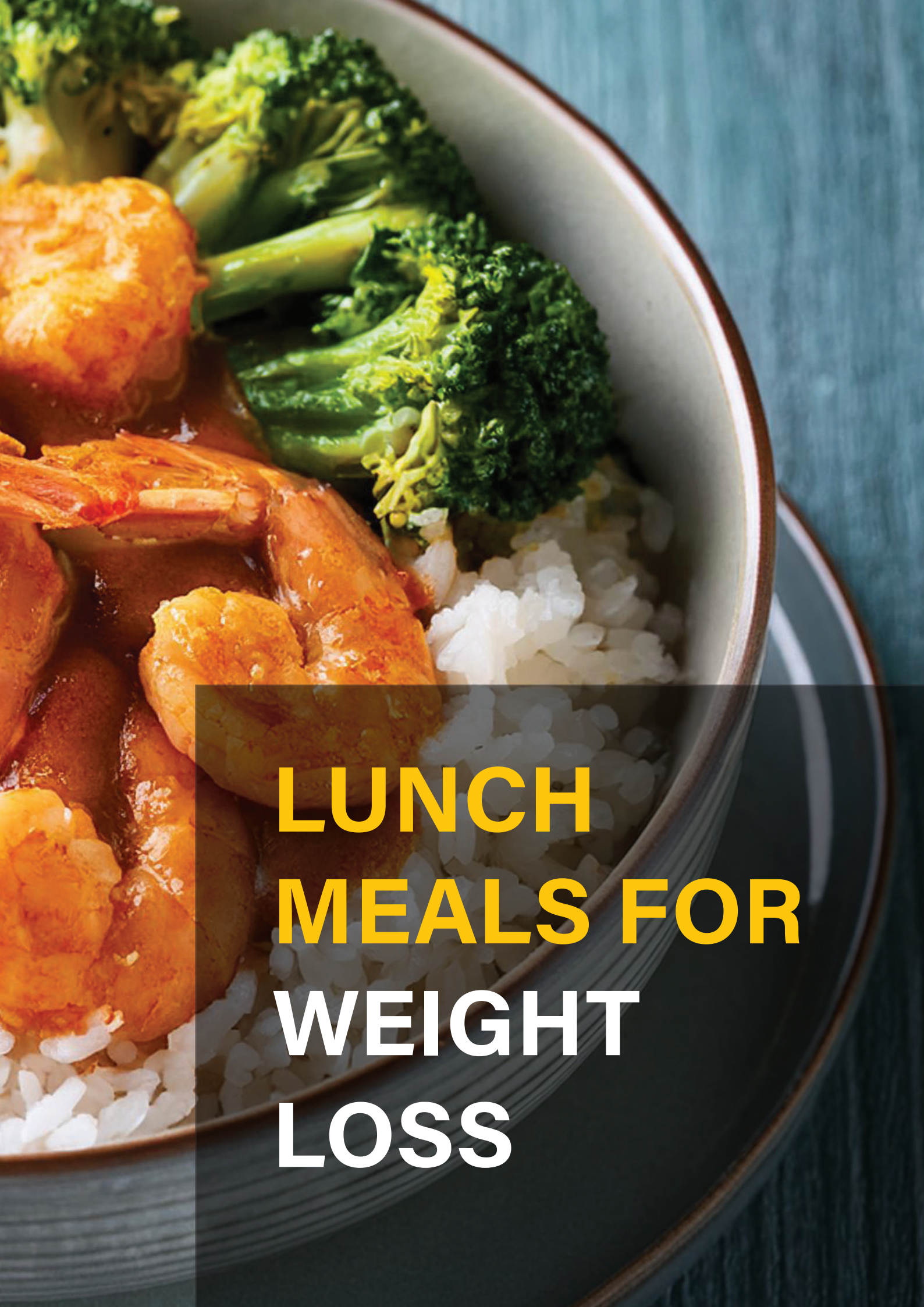
INGREDIENTS

Ingredients scaled to 1 serving

- » 15g Papaya (cubed)
- » 15g Egg Whites
- » 30g Poori
- » 300g Aloo Kurma

DIRECTIONS

1. Wash and cut the papaya into small cubes. Set aside.
2. Boil the egg whites in water for 10 minutes. Drain and set aside.
3. Heat oil in a pan. Add the poori and fry until golden brown. Drain and set aside.
4. Heat oil in a pan. Add the Aloo Kurma and fry until the oil separates. Set aside.
5. Combine the papaya, egg whites, poori, and Aloo Kurma in a bowl. Mix well and serve.

A close-up photograph of a bowl of food. The bowl contains white rice, several large, cooked shrimp with a reddish-orange sauce, and several florets of bright green broccoli. The bowl is dark-colored with a light-colored rim. The background is a dark, textured surface.

LUNCH MEALS FOR WEIGHT LOSS



Note: The above calculations are taken as Approximate Values



White Rice with Brinjal (Gurthu vankaya) and Egg Omelette

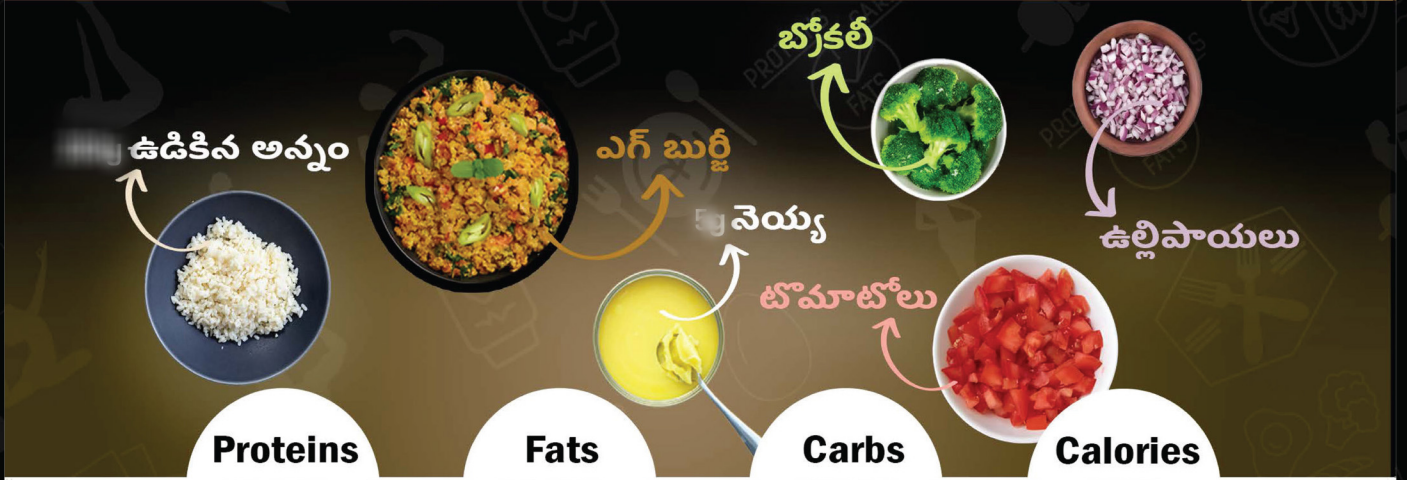
INGREDIENTS

Ingredients scaled to 1 serving

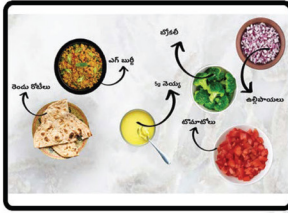
- >> 1 cup white rice
- >> 1 cup brinjal (Gurthu vankaya)
- >> 1 cup yellow dal
- >> 1 egg

DIRECTIONS

1. Wash the rice and brinjal thoroughly. Cut the brinjal into small cubes. Heat oil in a pan and add the brinjal cubes. Cook for 5-6 minutes until they are slightly browned. Add salt and water. Cook until the brinjal is soft. Add the yellow dal and cook until it is done. In a separate pan, beat the egg and cook it as an omelette. Serve the rice with the brinjal and dal, and the omelette on the side.



Note: The above calculations are taken as Approximate Values



Roti with 3 whole eggs bhurji

INGREDIENTS

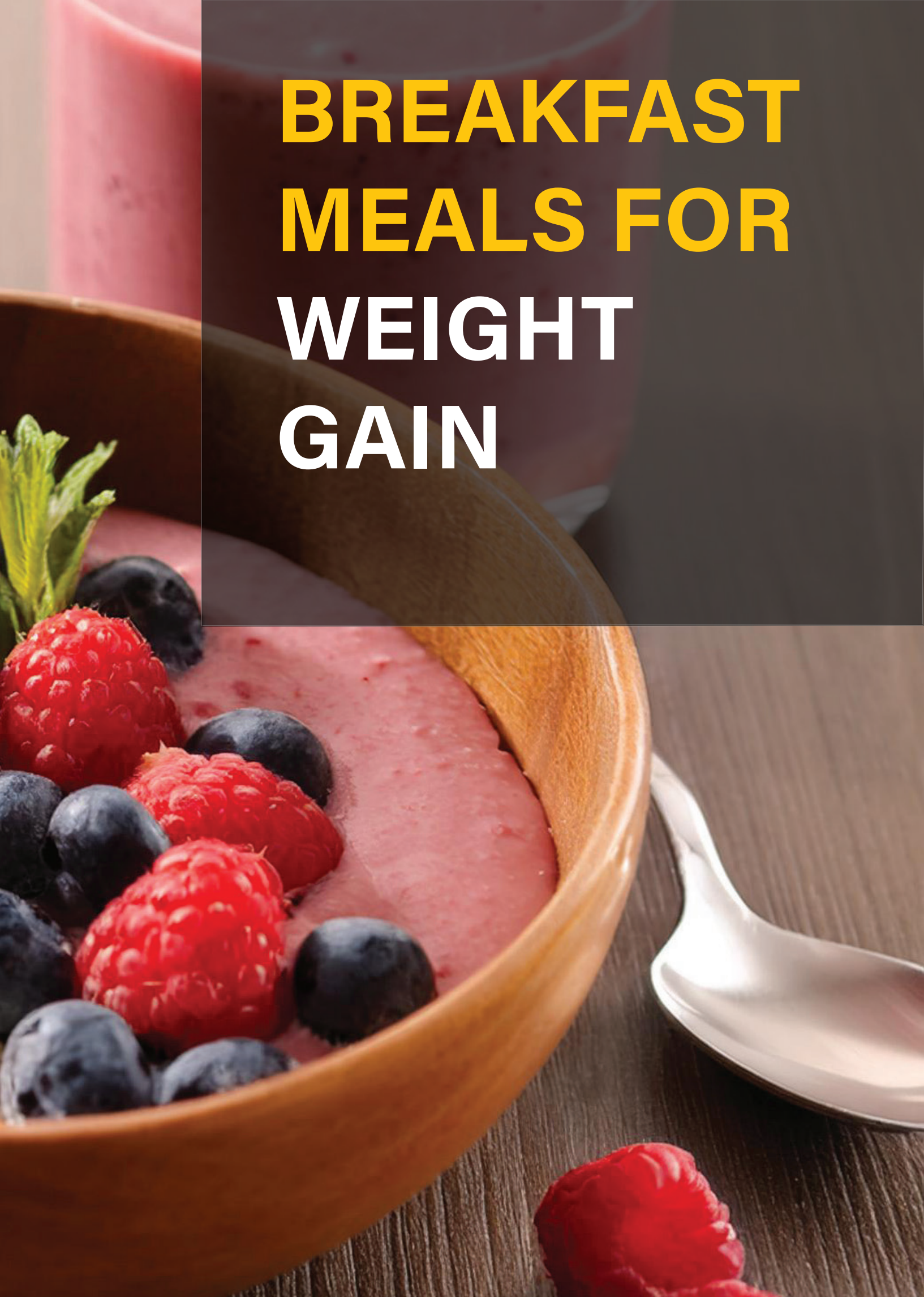
Ingredients scaled to 1 serving

- » 1 Roti
- » 3 Eggs
- » 1/2 Onions
- » 1/2 Broccoli
- » 1/2 Tomatoes

DIRECTIONS

1. Heat a pan on medium heat. Add oil and onions. Cook until onions are soft.
2. Add broccoli and tomatoes. Cook until vegetables are soft.
3. Add eggs and cook until eggs are set.

BREAKFAST MEALS FOR WEIGHT GAIN





Proteins

Fats

Carbs

Calories

Note: The above calculations are taken as Approximate Values



Sambar Oats Idli with Banana and Eggs

INGREDIENTS

Ingredients scaled to 1 serving

- >> 2 Boiled Eggs
- >> 1 Banana
- >> 1/2 cup Oats
- >> 1/2 cup Sambar
- >> 1/2 cup Idli
- >> 1/2 cup Water

DIRECTIONS

1. Boil the eggs in water for 10 minutes.
2. Peel the banana and slice it.
3. Cook the oats in water for 10 minutes.
4. Add the sambar to the oats.
5. Cook the idli for 10 minutes.
6. Add the water to the idli.
7. Cook the idli for 10 minutes.
8. Add the water to the idli.
9. Cook the idli for 10 minutes.
10. Add the water to the idli.

CUSTOMISED WEIGHT GAIN/MUSCLE BUILDING MEAL FOR BREAKFAST



Note: The above calculations are taken as Approximate Values



Egg Millet Dosa

INGREDIENTS

Ingredients scaled to 1 serving

- ❖ 1 Egg (Medium) - 50g
- ❖ 1 Banana (Medium) - 100g
- ❖ 1/2 Cup Rice Flour - 50g
- ❖ 1/4 Cup Coriander Chutney - 25g
- ❖ 1/4 Cup Oil - 25g
- ❖ 1/4 Cup Water - 25g
- ❖ 1/4 Cup Salt - 25g

DIRECTIONS

1. Wash and peel the banana and cut it into small pieces.
2. In a bowl, add the banana pieces, egg, rice flour, coriander chutney, oil, water, and salt. Mix well.
3. Heat a non-stick pan on medium heat. Add a small amount of oil.
4. Pour a small amount of the batter into the pan and spread it evenly.
5. Cook for 2-3 minutes until the dosa is golden brown.
6. Flip the dosa and cook for another 2-3 minutes.
7. Remove the dosa from the pan and serve hot.



LUNCH MEALS FOR WEIGHT GAIN



Gutti Vankaya kura With Ragi Sangati

BELL PEPPERS



Proteins

Eggs



Fats

NOODLES



Carbs

GHEE



Calories

Note: The above calculations are taken as Approximate values



Egg whole wheat Noodles

INGREDIENTS

Ingredients scaled to 1 serving

- >> 100g whole wheat noodles
- >> 2 eggs
- >> 10g ghee
- >> 10g bell peppers
- >> 10g salt

DIRECTIONS

1. Wash the whole wheat noodles and drain the water.
2. Heat the ghee in a pan.
3. Add the whole wheat noodles to the pan and cook for 5 minutes.
4. Add the eggs to the pan and cook for 5 minutes.
5. Add the bell peppers to the pan and cook for 5 minutes.
6. Add the salt to the pan and cook for 5 minutes.
7. Serve the whole wheat noodles with the egg and bell peppers.

DIETBOOK FUTURE OF FITNESS



(FAT LOSS & ANTI-AGING, BODY RECOMP)

2025