

Meal Plan For: **Arusha Jain**

Start Date: 10-01-2022

Time	Foods	Note
<b>On waking up</b>	Start your day with a mug of Afresh/Green Tea	Mix 2 spoons Afresh is 250 ml of warm water
<b>8:00 am</b>	<b>Breakfast Shake:</b> <ul style="list-style-type: none"> <li>• Use 28 gms F1 (Flavour) and 12 gms PPP.</li> <li>• Blend with 150 ml Water + 100 ml (cow milk) for 20 secs</li> <li>• Add Ice while blending</li> </ul>	No other breakfast required
<b>10.30 -11 am</b>	<b>50 gms sprouts/ 2 egg whites / buttermilk</b>	Be Well hydrated till Lunch (Finish 1 lt. water)
<b>12:30 pm</b>	<b>Lunch: Start the meal with a bowl of Salad</b> Carbs: 1 Phulka Any Subji Fats: 1 spn Ghee on Rice or Roti/Bhakri	Phulka should not be more than palm size.
<b>4:30 - 5 pm</b>	1 fruit (medium sized) ( <b>crunchy or citrus; avoid pulpy fruits</b> ) . Cut the fruit in pieces, mix them it 1 cup dahi/yoghurt and eat it with a fork over period of time. OR 100 gm Sprouts soaked and Steamed	You can have a cup of tea or coffee along with it. <b>Strictly with out sugar</b>
<b>8:00 pm</b>	<b>Dinner: Start the meal with a bowl of Salad</b> <ul style="list-style-type: none"> <li>• <u>Dinner can be exactly the same as Lunch</u>  <b>OR either of the below</b></li> <li>• 1 bowl veg stew with 70 grams paneer</li> <li>• 1 Moong Chila with Sambar + Sabzi</li> <li>• <b><u>Have shake instead of dinner if advised by your coach.</u></b></li> </ul>	Try to avoid wheat at night. Have early dinners.

- **8:00pm to next day 8:00am noon will be your fasting window. Do not have anything except water or black coffee.**
- **Portion Control: Eat only so much at one time so that you feel hungry again after 3-4 hours. Discuss with your sponsor if you have any concerns.**
- **SUNDAY: You can take a break. Have 1 cheat meal for lunch but maintain portion control. Rest of the meals to be taken as per the meal plan.**
- **Notes:**
  1. Drink 3.5 litres of water throughout the day. Begin each meal with a glass of water.
  2. Attendance to Virtual Club is mandatory. 7 am India Time.
  3. All food portions should be in limited quantities. Eat small frequent meals.
  4. If you feel hungry between meals, have a glass of thin buttermilk anytime in the day or any crunchy fruit (5-6 pieces)
  5. Avoid sweets, bakery items like breads and biscuits. Avoid deep fried or heavy gravy based items.
  6. Exercise: 35-40 minutes walk.
  7. On your Check Up day (Saturday) we will record your weight, progress pictures and having an update call. Please send me your stats by Whatsapp in the morning on Check up day.
  8. Cook rice in excess water and then strain the water away to make it de-starched.
  9. Salad can be just 1 Tomato and 1 Cucumber finely sliced. You can use a carrot or a piece of radish or 1/2 beetroot as well.
  10. Crunchy fruits are Apple, Pear, Guava, Plums or Berries etc. Avoid Pulpy fruits like Banana, Mango, Chikku, Anjeer, Grapes etc. Papaya, Watermelon, Muskmelon can be had once a week. (Cut pieces 1 cup loosely packed)

All the Best for your transformation journey ☺

-Anagha & Vaibhav