

## SOHAM GROUP WELLNESS

# Personalized Meal Plan for Mr. Keshav Jhawar



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Disclaimer : The depiction is based on Presenter's personal experience

## ➤ Immediately After WAKEUP

# Lukewarm glass of water with many benefits



Helps with digestion



Helps in detoxification



Helps with constipation



Helps with weight loss

- ❖ **DRINK Before Brushing your teeth , for proper utilisation of SALIVA**
- ❖ **DRINK 1 to 2 Glass as per your capacity**
- ❖ **DRINK Slowly with proper sitting**

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➤ Now you can complete your morning  
Routing



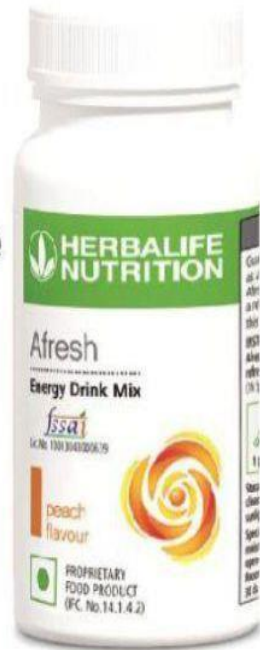
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➤ Time to take Morning Energy Drink Afresh  
**BEST TIME : AFTER 20-25 Minutes of Luke  
warm water**

## Afresh

An invigorating and refreshing drink

- Easy to make anywhere anytime
- Can be enjoyed hot or cold
- Guarana seed and orange pekoe extract
- Low in calories
- Available in Peach & Lemon flavour



- ❖ **DO NOT USE PLASTIC GLASS/ CONTAINER For Holistic Health**
- ❖ **Take Approx 300ml Warm or Normal water as per your choice (Hot water is Best to Drink as a Herbal tea)**
- ❖ **Add two Scoop of AFRESH in Water , Mix well (Stir well)**
- ❖ **Enjoy your Energy Drink Slowly with Proper Sitting**

➤ Time for Healthy Nutritional Shake Breakfast after 15-30 minutes of Morning herbal tea-AFRESH



**EVERY MORNING SHOULD BEGIN WITH A BALANCED BREAKFAST**

One serving of Formula 1 meal replacement shake made up with 250 ml semi-skimmed milk provides:

	<b>PROTEIN</b> A similar amount of protein as 1 fillet of baked cod		<b>VITAMIN A</b> A similar amount of vitamin A as 100g of cheddar cheese
	<b>VITAMIN C</b> A similar amount of vitamin C as 1 medium sized satsuma		<b>CALCIUM</b> A similar amount of calcium as 2 pots of plain yoghurt
	<b>VITAMIN E</b> A similar amount of vitamin E as 1 tablespoon of sunflower oil		<b>POTASSIUM</b> A similar amount of potassium as 1 banana

The depicted foods above contain other nutrients not present in Herbalife® Formula 1 shake.

Clinical studies show that daily use of a meal replacement shakes as part of a calorie restricted diet is proven for managing weight, along with moderate exercise. Consume Formula 1 as part of a varied and balanced diet and healthy lifestyle.

- ❑ TAKE 300ML COLD or NORMAL WATER
- ❑ ADD – THREE(03) SCOOP of Formula-1 Nutritional Shake Mix -Healthy Meal
- ❑ ADD – ONE (01) SCOOP of Personalized Protein Powder
- Blend well this Mixture for one to two Minutes  
(For thicker shake- Blend More)  
(For Thinner Shake – Blend Less)

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## ➤ MORNING BREAKFAST

- NUTRITIONAL SHAKE is the ONLY MORNING BREAKFAST
- It is Healthy Breakfast with many Nutrients
- NO NEED TO EAT ANYTHING ELSE EXCEPT this NUTRITIONAL SHAKE AS A BREAKFAST**



## ➤ Mid-Morning (between 10 to 11:30AM – Optional)



EAT ANY ONE CITRUS FRUIT OF YOUR CHOICE

OPTIONS

Pomegranate / Kiwi / Orange  
Guava / Small Apple / PAPITA  
Etc.

**AVOID:**

~~GRAPES / Custard apple(Sitafal)~~

~~Banana / Chickoo~~



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## ➤ LUNCH : TWO DISH

- DISH NO-1 – SALAD DISH (NON NEGOTIABLE)
- DISH NO-2 : NORMAL DISH

DISH NO-1 SALAD DISH - 10 Minute Before DISH No-2

APPROX 250-300 gram – Small  
Cutting & Proper Chewing will Give  
Best Results

During Travelling Take  
**ACTIVATED FIBER AS a DISH**  
**NO-1**



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- DISH NO-2 : NORMAL DISH

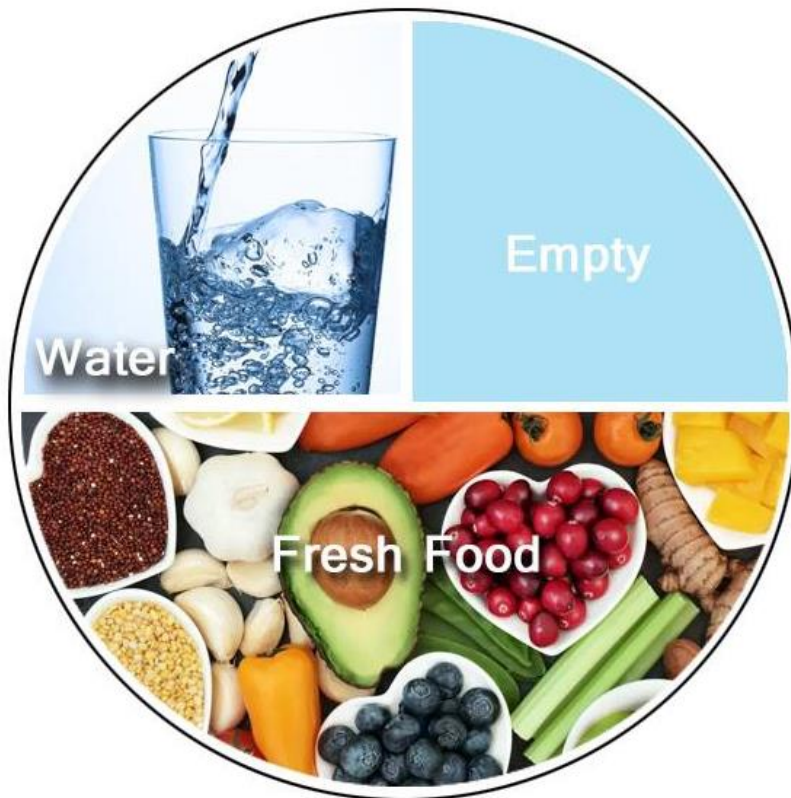
### DISH NO-2 NORMAL MEAL WITH PORTION CONTROL

- 2 Plain ROTI Or MULTI GRAIN ROTI
- Green Leafy Vegetables with Minimum Possible Oil
- One Scoop Curd or Butter Milk
- DAAL
- RICE To be avoided for some time

## ➤ LUNCH : TWO DISH

- DISH NO-1 – SALAD DISH (NON NEGOTIABLE)
- DISH NO-2 : NORMAL DISH

**DISH NO-2 NORMAL MEAL WITH PORTION CONTROL**



Mitahara means  
“the habit of  
moderate food”

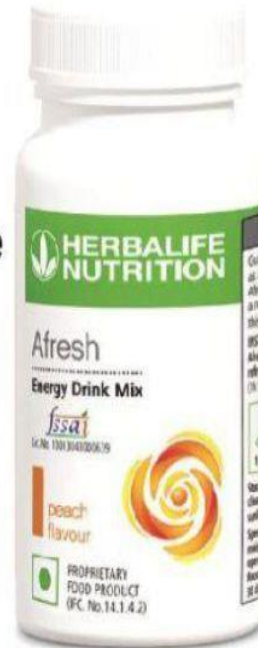
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- After noon Tea is AFRESH ENERGY Drink
- Best Time : 03:00PM to 05:00 PM

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- ❖ **Enjoy your Energy Drink Slowly with Proper Sitting**



- Mid Afternoon Snack if required
- Best time: 04:30 PM to 06:30 PM  
Optional and only if required

- ❖ Small Bowl of Sprouts **OR**
- ❖ 3 to 5 Pieces of Almonds **OR**
- ❖ 1 to 2 Pieces of Walnuts **OR**
- ❖ 50 gms approx. Plain Daliya **OR**
- ❖ Plain Makhana **OR**
- ❖ Roasted SOYA BEANS

## ➤ DINNER

- ❖ Take Light Dinner as much as Possible
- ❖ Chew More and More
- ❖ Ensure Portion Control
- ❖ Keep rotating grains or Use Multigrain Atta if feasible
- ❖ DO NOT EAT ANYTHING AFTER DINNER
- ❖ Share Daily Food Picture to your personal Wellness Coach Mallika Arvind Baladha (9925208010)



## ➤ ACTIVATED FIBER Tablet

- ❖ This is Essential Dietary Fibre for our body
- ❖ TAKE ONE TAB – BEFORE All Three Meals

Means

Take one – Before Morning Shake

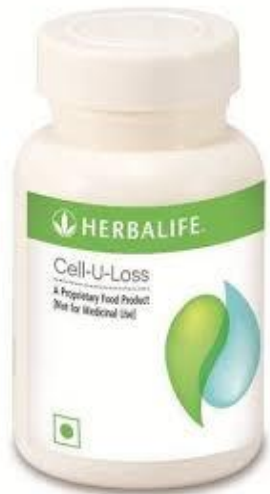
Take One – Before Afternoon Dish-1

Take One – Before Evening Dinner

- MULTI VITAMIN ,Minerals & Herbs Tablet
- CELL U LOSE
- ALOE PLUS



❖ TAKE 1-1-1 After all three meals  
(Multi vitamins , Minerals & Herbs)



❖ TAKE 1-1-1- after all three Meals  
( CELL – U-LOSE)



❖ TAKE 1 – 0 – 1 (Morning and Evening)  
(ALOE PLUS –After Meal)

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## ➤ WATER INTAKE

❖ HYDRATION IS VERY IMPORTANT

❖ ENSURE DRINKING OF WATER AS Per Your Body weight

❖ If your weight is 40 Kg – Drink 2 Ltr per day  
Body Weight – 60 Kg – Drink 3 Ltrs per day  
Body Weight – 80 Kg – Drink 4 Ltrs per day

In short – FOR Every 20Kg body Mass Drink One Ltr Water

➤ Make a habit to Carry Water Bottle while travelling and avoid dehydration



BRUSH YOUR TEETH BEFORE GOING TO SLEEP



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*Thank  
you*



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