

Stage 3- Meal Plan	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
After waking up	1 Spoon Apple Cider vinegar with 500 MI water	1 Spoon Home made desi ghee	1 Spoon Apple Cider vinegar with 500 MI water	1 Spoon Apple Cider vinegar with 500 MI water	1 Spoon Home made desi ghee	1 Spoon Apple Cider vinegar with 500 MI water	1 Spoon Home made desi ghee
You Workout in the Morning			Fasting Day	Fasting Day		Fasting Day	
Breakfast (A+B)		A.) 2 Whole Eggs + 2 Egg Whites			A.) 2 Whole Eggs + 2 Egg Whites		A.) 2 Whole Eggs + 2 Egg Whites
	Fasting for 4 to 5 hours	or 70 Gram paneer/Cottage Cheese	Fasting for 4 to 5 hours	Fasting for 4 to 5 hours	or 70 Gram paneer/Cottage Cheese	Fasting for 4 to 5 hours	or 70 Gram paneer/Cottage Cheese
	(You can drink as much as water	or	(You can drink as much as water	(You can drink as much as water	or	(You can drink as much as water	or
	and Black coffee durinng Fasting period)	100 Gram Chicken/ Fish/ Turkey or	and Black coffee durinng Fasting period)	and Black coffee durinng Fasting period)	100 Gram Chicken/ Fish/ Turkey	and Black coffee durinng Fasting period)	100 Gram Chicken/ Fish/ Turkey or
	policy	50 Gram Quinoa upma or salad or	periody	pened)	50 Gram Quinoa upma or salad or	periody	50 Gram Quinoa upma or salad or
		2 Pesarattu			2 Pesarattu		2 Pesarattu
	Break fasting with - 1 Scoop Whey Protein OR 4 Egg whites OR 2	12 Almonds+ 4 Walnuts + and Wulti	Break fasting with - 1 Scoop Whey Protein OR 4 Egg whites OR 2	Break fasting with - 1 Scoop Whey Protein OR 4 Egg whites OR 2	12 Almonds+ 4 Walnuts + and Multi	Break fasting with - 1 Scoop Whey Protein OR 4 Egg whites OR 2	12 Almonds+ 4 Walnuts + and Multi
	Posarattu OP 50 Gram Ouinoa and	Vitamin + 1000 Mg Omega 3 +1000	Pesarattu OR 50 Gram Quinoa and		Vitamin + 1000 Mg Omega 3 +1000	Pesarattu OR 50 Gram Quinoa and	Vitamin + 1000 Mg Omega 3 +1000
	1 Portion of Fruit (Any Fruit)	Mg Vitamin C	1 Portion of Fruit (Any Fruit)	1 Portion of Fruit (Any Fruit)	Mg Vitamin C	1 Portion of Fruit (Any Fruit)	Mg Vitamin C
Lunch (Follow a carb days with 2 days	A) 125 Gram Chicken/ Fish	A) 125 Gram Chicken/ Fish/	A) 125 Gram Chicken/ Fish/	A) 125 Gram Chicken/ Fish/	A) 125 Gram Chicken/ Fish/	A) 125 Gram Chicken/ Fish/	A) 125 Gram Chicken/ Fish/
	or	Turkey	Turkey	Turkey	Turkey	Turkey	Turkey
	50 Gram paneer/Cottage Cheese	50 Gram paneer/Cottage Cheese	50 Gram paneer/Cottage Cheese	50 Gram paneer/Cottage Cheese	50 Gram paneer/Cottage Cheese	50 Gram paneer/Cottage Cheese	50 Gram paneer/Cottage Cheese
	or 2 Whole Eggs and 2 egg whites	or 2 Whole Ecce and 2 are white	or 2 Whole Eage and 2 and white	or 2 Whole Eage and 2 and white	Or 2 Whole Ecce and 2 are white	or 2 Whole Ease and 2 are white	or 2 Whole Ease and 2 are white
	+	2 Whole Eggs and 2 egg whites or	2 Whole Eggs and 2 egg whites or	2 Whole Eggs and 2 egg whites +	2 Whole Eggs and 2 egg whites or	2 Whole Eggs and 2 egg whites or	2 Whole Eggs and 2 egg whites +
of non carb days)	B). 50 Gram Brown rice or Raagi or Milets	50 Gram Quinoa Salad or Kichdi	50 Gram Quinoa Salad or Kichdi		50 Gram Quinoa Salad or Kichdi	50 Gram Quinoa Salad or Kichdi	B). 50 Gram Brown rice or Raagi
(A+B+C)	+	+ B). Low carb day	+ B). Low carb day	or Milets +	+ B). Low carb day	+ B). Low carb day	or Milets +
	C).Salad (Spinach/Lettuce/Methi and Some carrot and cucumber	+	+	C).Salad (Spinach/Lettuce/Methi	+	+	C).Salad (Spinach/Lettuce/Methi
	with 2 Tea Spoon Apple Cider	C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider	C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider	and Some carrot and cucumber with 2 Tea Spoon Apple Cider	C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider	C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider	and Some carrot and cucumber with 2 Tea Spoon Apple Cider
	vinegar)	vinegar)	vinegar)	vinegar)		vinegar)	vinegar)
	12 Almonds+ 4 Walnuts + and Multi		12 Almondo I 4 Malnuto I and Multi	12 Almondo L 4 Malnuto L and Multi		12 Almondo I 4 Walnuts I and Multi	
Post Lunch Supplements	Vitamin + 1000 Mg Omega 3 +1000			12 Almonds+ 4 Walnuts + and Multi Vitamin + 1000 Mg Omega 3 +1000		12 Almonds+ 4 Walnuts + and Multi Vitamin + 1000 Mg Omega 3 +1000	
			Mg Vitamin C	Mg Vitamin C		Mg Vitamin C	
	Mg Vitamin C		0			0	
		As non Sahadula					As non Cabadula
		As per Schedule	As per Schedule	As per Schedule	As per Schedule	As per Schedule	As per Schedule
			As per Schedule		As per Schedule	As per Schedule	As per Schedule
		As per Schedule A) 125 Gram Chicken/ Fish/ Turkey					As per Schedule A).125 Gram Chicken or Fish
	As per Schedule A).125 Gram Chicken or Fish or	A) 125 Gram Chicken/ Fish/ Turkey or	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or	As per Schedule A).125 Gram Chicken or Fish or	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or	A).125 Gram Chicken or Fish or
	As per Schedule	A) 125 Gram Chicken/ Fish/ Turkey or	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or	As per Schedule A).125 Gram Chicken or Fish or	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or	As per Schedule A) 125 Gram Chicken/ Fish/	
	As per Schedule A).125 Gram Chicken or Fish or	A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or	As per Schedule A).125 Gram Chicken or Fish or	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or	A).125 Gram Chicken or Fish or
you Workout in the Evening Dinner	As per Schedule A).125 Gram Chicken or Fish or 70 Gram paneer or	A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or	As per Schedule A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or	A).125 Gram Chicken or Fish or 70 Gram paneer or
you Workout in the Evening	As per Schedule A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad +	A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi +	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi +	As per Schedule A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad +	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi +	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi +	A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad +
	As per Schedule A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100	A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or	As per Schedule A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi +	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or	A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100
you Workout in the Evening Dinner	As per Schedule A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad +	A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi +	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi +	As per Schedule A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad +	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi +	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi +	A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad +
you Workout in the Evening Dinner	As per Schedule A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100 grams salad + C).Spinach/Lettuce/Methi with 2	A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider	As per Schedule A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100 grams salad + C).Spinach/Lettuce/Methi with 2	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider	A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100 grams salad + C).Spinach/Lettuce/Methi with 2
you Workout in the Evening Dinner	As per Schedule A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100 grams salad +	A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi	As per Schedule A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100 grams salad +	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi	A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100 grams salad +
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f you Workout in the Evening Dinner (A+B+C)	As per Schedule A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100 grams salad + C).Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar 1000 Mg Omega 3 + 1000 Mg	A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar) 1000 Mg Omega 3 + 1000 Mg	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar) 1000 Mg Omega 3 + 1000 Mg	As per Schedule A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100 grams salad + C).Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar 1000 Mg Omega 3 + 1000 Mg	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar) 1000 Mg Omega 3 + 1000 Mg	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar) 1000 Mg Omega 3 + 1000 Mg	A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100 grams salad + C).Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar
Dinner (A+B+C) Before Sleep	As per Schedule A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100 grams salad + C).Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar	A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar)	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar)	As per Schedule A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100 grams salad + C).Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar)	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar)	A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100 grams salad + C).Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar
you Workout in the Evening Dinner (A+B+C) Before Sleep NOTE :	As per Schedule A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100 grams salad + C).Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar 1000 Mg Omega 3 + 1000 Mg Vitamin C + Vitamin D3 2000 IU	A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar) 1000 Mg Omega 3 + 1000 Mg Vitamin C + Vitamin D3 2000 IU	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar) 1000 Mg Omega 3 + 1000 Mg	As per Schedule A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100 grams salad + C).Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar 1000 Mg Omega 3 + 1000 Mg	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar) 1000 Mg Omega 3 + 1000 Mg	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar) 1000 Mg Omega 3 + 1000 Mg	A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100 grams salad + C).Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar
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you Workout in the Evening Dinner (A+B+C) Before Sleep NOTE : 1 2	As per Schedule A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100 grams salad + C).Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar 1000 Mg Omega 3 + 1000 Mg Vitamin C + Vitamin D3 2000 IU -No Sugar/ No Milk Products/Ne	A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar) 1000 Mg Omega 3 + 1000 Mg Vitamin C + Vitamin D3 2000 IU o Gluten (Wheat etc) Green tea after every meal.	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar) 1000 Mg Omega 3 + 1000 Mg Vitamin C + Vitamin D3 2000 IU	As per Schedule A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100 grams salad + C).Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar 1000 Mg Omega 3 + 1000 Mg Vitamin C + Vitamin D3 2000 IU	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar) 1000 Mg Omega 3 + 1000 Mg Vitamin C + Vitamin D3 2000 IU	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar) 1000 Mg Omega 3 + 1000 Mg	A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100 grams salad + C).Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar
you Workout in the Evening Dinner (A+B+C) Before Sleep NOTE : 1 2 3	As per Schedule A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100 grams salad + C).Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar 1000 Mg Omega 3 + 1000 Mg Vitamin C + Vitamin D3 2000 IU -No Sugar/ No Milk Products/Ne -4 to 5 litre Water must, Drink G	A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar) 1000 Mg Omega 3 + 1000 Mg Vitamin C + Vitamin D3 2000 IU o Gluten (Wheat etc) Green tea after every meal. DAY (2 teaspoon organic ACV dil	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar) 1000 Mg Omega 3 + 1000 Mg Vitamin C + Vitamin D3 2000 IU	As per Schedule A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100 grams salad + C).Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar 1000 Mg Omega 3 + 1000 Mg Vitamin C + Vitamin D3 2000 IU	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar) 1000 Mg Omega 3 + 1000 Mg Vitamin C + Vitamin D3 2000 IU	As per Schedule A) 125 Gram Chicken/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites or 50 Gram Quinoa Salad or Kichdi + B). Low carb day + C).Salad (Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar) 1000 Mg Omega 3 + 1000 Mg	A).125 Gram Chicken or Fish or 70 Gram paneer or 2 Egg whites + 2 whole eggs or 70 Beans Salad + B). Potato or Sweet Potato- 100 grams salad + C).Spinach/Lettuce/Methi with 2 Tea Spoon Apple Cider vinegar
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Nothing contained herein is to be construed as Medical Advice. Use of any supplements/drugs and exercise regiment should only be done under the directions and auspices of a licensed physician. The writer does not claim to be a medical doctor nor does he purport to issue medical advice.