



## DIET PLAN - SHOBHA

Stage 3- Meal Plan	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>After waking up</b>	1 Spoon Apple Cider vinegar with 500 ML water	1 Spoon Home made desi ghee	1 Spoon Apple Cider vinegar with 500 ML water	1 Spoon Apple Cider vinegar with 500 ML water	1 Spoon Home made desi ghee	1 Spoon Apple Cider vinegar with 500 ML water	1 Spoon Home made desi ghee
<b>If You Workout in the Morning</b>	Fasting Day		Fasting Day	Fasting Day		Fasting Day	
<b>Breakfast (A+B)</b>	Fasting for 4 to 5 hours (You can drink as much as water and Black coffee during Fasting period)	A.) 2 Whole Eggs + 2 Egg Whites or 70 Gram paneer/Cottage Cheese or 100 Gram Chicken/ Fish/ Turkey or 50 Gram Quinoa upma or salad or 2 Pesarattu	Fasting for 4 to 5 hours (You can drink as much as water and Black coffee during Fasting period)	Fasting for 4 to 5 hours (You can drink as much as water and Black coffee during Fasting period)	A.) 2 Whole Eggs + 2 Egg Whites or 70 Gram paneer/Cottage Cheese or 100 Gram Chicken/ Fish/ Turkey or 50 Gram Quinoa upma or salad or 2 Pesarattu	Fasting for 4 to 5 hours (You can drink as much as water and Black coffee during Fasting period)	A.) 2 Whole Eggs + 2 Egg Whites or 70 Gram paneer/Cottage Cheese or 100 Gram Chicken/ Fish/ Turkey or 50 Gram Quinoa upma or salad or 2 Pesarattu
<b>After 1 hour</b>	Break fasting with - 1 Scoop Whey Protein OR 4 Egg whites OR 2 Pesarattu OR 50 Gram Quinoa and 1 Portion of Fruit (Any Fruit)	12 Almonds+ 4 Walnuts + and Multi Vitamin + 1000 Mg Omega 3 +1000 Mg Vitamin C	Break fasting with - 1 Scoop Whey Protein OR 4 Egg whites OR 2 Pesarattu OR 50 Gram Quinoa and 1 Portion of Fruit (Any Fruit)	Break fasting with - 1 Scoop Whey Protein OR 4 Egg whites OR 2 Pesarattu OR 50 Gram Quinoa and 1 Portion of Fruit (Any Fruit)	12 Almonds+ 4 Walnuts + and Multi Vitamin + 1000 Mg Omega 3 +1000 Mg Vitamin C	Break fasting with - 1 Scoop Whey Protein OR 4 Egg whites OR 2 Pesarattu OR 50 Gram Quinoa and 1 Portion of Fruit (Any Fruit)	12 Almonds+ 4 Walnuts + and Multi Vitamin + 1000 Mg Omega 3 +1000 Mg Vitamin C
<b>Lunch (Follow a carb days with 2 days of non carb days) (A+B+C)</b>	A) 125 Gram Chicken/ Fish or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites + B). 50 Gram Brown rice or Raagi or Millets + C).Salad (Spinach/Lettuce/Methi and Some carrot and cucumber 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)	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/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites + B). 50 Gram Brown rice or Raagi or Millets + C).Salad (Spinach/Lettuce/Methi and Some carrot and cucumber 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)	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/ Fish/ Turkey or 50 Gram paneer/Cottage Cheese or 2 Whole Eggs and 2 egg whites + B). 50 Gram Brown rice or Raagi or Millets + C).Salad (Spinach/Lettuce/Methi and Some carrot and cucumber with 2 Tea Spoon Apple Cider vinegar)
<b>Post Lunch Supplements</b>	12 Almonds+ 4 Walnuts + and Multi Vitamin + 1000 Mg Omega 3 +1000 Mg Vitamin C		12 Almonds+ 4 Walnuts + and Multi Vitamin + 1000 Mg Omega 3 +1000 Mg Vitamin C	12 Almonds+ 4 Walnuts + and Multi Vitamin + 1000 Mg Omega 3 +1000 Mg Vitamin C		12 Almonds+ 4 Walnuts + and Multi Vitamin + 1000 Mg Omega 3 +1000 Mg Vitamin C	
<b>Pre Workout- 15 Mins before</b>							
<b>If you Workout in the Evening</b>	As per Schedule	As per Schedule	As per Schedule	As per Schedule	As per Schedule	As per Schedule	As per Schedule
<b>Dinner (A+B+C)</b>	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)	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	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/ 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
<b>Before Sleep</b>	1000 Mg Omega 3 + 1000 Mg Vitamin C + Vitamin D3 2000 IU	1000 Mg Omega 3 + 1000 Mg Vitamin C + Vitamin D3 2000 IU	1000 Mg Omega 3 + 1000 Mg Vitamin C + Vitamin D3 2000 IU	1000 Mg Omega 3 + 1000 Mg Vitamin C + Vitamin D3 2000 IU	1000 Mg Omega 3 + 1000 Mg Vitamin C + Vitamin D3 2000 IU	1000 Mg Omega 3 + 1000 Mg Vitamin C + Vitamin D3 2000 IU	1000 Mg Omega 3 + 1000 Mg Vitamin C + Vitamin D3 2000 IU

**NOTE :**

- No Sugar/ No Milk Products/No Gluten (Wheat etc)
- 4 to 5 litre Water must, Drink Green tea after every meal.
- Apple Cider Vinegar – TWICE A DAY (2 teaspoon organic ACV diluted in a water glass of water 15 mins before any three meal or Sprinkle over greens )
- You can cook any food in coconut oil- Limit it below 10 ml
- Have 10 Grams of 2 servings of psyllium husk (Isabgol) with water .

**Disclaimer:**

In the e-mail above, we will be presenting our opinions and we do not, in any way, shape or form use, encourage, nor condone the use of any supplements/drugs or controlled substances of any kind.

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