

Meal Plan For: **Ashritha**

Start Date: 10<sup>th</sup> Jan 2023

Time	Foods	Note
On waking up	Start your day with a mug of Afresh	Mix 2 spoons Afresh is 250 ml of warm water
9:00am to 10:00 am	<b>Breakfast Shake:</b> <ul style="list-style-type: none"> <li>• Use <b>3 Spoons F1 (Flavour) + 2 Spoons PPP + 1 Spoon Shakemate.</b></li> <li>• Blend with 300 ml Water</li> <li>• Add Ice while blending</li> </ul>	No other breakfast required
9.00 am to 1.00 pm	Be Well hydrated till Lunch (Finish 1.5 lt. water)  Note: If you feel hungry after 3 hours from shake in between you can have 1 boiled egg / make half fry / 1 glass of Buttermilk	Flavour the water with mint leaves or a piece of lemon
1:30pm to 2.30pm	<b>Lunch: Start the meal with a bowl of Salad (i.e. for eg: at least 1 cucumber +1 tomato )</b> <b>Carbs: 1 Wheat Phulkas / 1 small Bhakri / 3 tbl spoon White rice(de-starched) + 1 bowl Sabji</b>  <b>Protein: 1 full egg +2 eggwhites</b> OR 1 Small Bowl Daal or Small bowl of Chicken/ fish curry or <b>3 small pieces of chicken or fish kebabs</b>  <b>Fats: 1 spn Ghee on Rice or Roti/Bhakri.</b>  <b>(NOTE: Either you can have Rice in your meal or Roti or bhakari . Not both in 1 meal)</b>	Bhakri or Phulka should not be more than palm size.
5.00pm	<b>(Finish 1 lit bottle with hydrate sachet between 5 to 7pm / till dinner time )</b>  Evening Snacks: <b>Daily Have Shake 3 Spoons of F1 + 2 Spoons of PP + 1 spoon Of shake mate <u>from Monday to Saturday religiously</u></b>  <b>OR</b> 1 fruit (medium sized) ( crunchy or citrus; avoid pulpy fruits) . Cut the apple in pieces. Take 1 katori dahi/yoghurt, add 3 spoons of formula 1+ 1spoon PP mix it well and then add apple pieces into curd eat it with a fork over period of time. Add chaat masala or Salt to it.	You can have a cup of tea or coffee along with it. <b>Strictly without sugar</b>

Time	Foods	Note
8:30 pm	<p><b>Start the meal with a bowl of Salad (i.e. for eg: at least 1 cucumber +1 tomato )</b></p> <p><b>Option 1&gt;&gt;&gt;</b> 1 bowl (i.e. 3 serving spoons) cooked Moong Dal Kichaadi (2:1, two parts daal and 1 part rice + add lots of veggies ) + 1 tsp Ghee + 1 big bowl salad + 1glass thin Buttermilk</p> <p><b>Option 2&gt;&gt;&gt;</b> 3 tbl spoon rice + Rajma/ Fish or Chicken curry Or any sabji + Big Salad bowl + 1 small glass Buttermilk(Avoid Roti/ bhakari )</p> <p><b>Option 3&gt;&gt;&gt;</b> 1 whole egg (with yolk)+ 2 egg whites . you can have them either Boiled, Scrambled or make an Omelet with lots veggies avoid roti.</p> <p><b>Option 4&gt;&gt;&gt; MAKE DINNER OATS RECIPE. Ask For video</b></p> <ul style="list-style-type: none"> <li>• <b><u>**NOTE:</u></b></li> <li>• <b><u>Since you are challenge Our aim is not lose weight just back on with consistency &amp; achieve proper Fatloss i.e. 2 shakes +2 meal (1 protein Snack which is optional )as per given portion sizes &amp; have lots of Salads for feeling of fullness to consistent Fatloss results.</u></b></li> <li>• <b><u>Twice a week (i.e On Sundays &amp; Check up day) you can have whatever you like protein try to choose Rich option.</u></b></li> </ul> <p><b>****NOTE :</b> Avoid eating outside food. And If you are eating out consult with me a day prior, prefer some protein options i.e. example: 3-4 Small pieces of Grilled paneer/Chicken Kabab/Fish Kabab + big bowl of soup (without cream )+ have lots of Salad</p>	<p>Try to avoid wheat at night</p> <p>. Have early dinners.</p>

- **8:00pm to next day 9:00am 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 after 2 weeks result but maintain portion control. Rest of the meals to be taken as per the meal plan.**
- **Exercise : 1<sup>st</sup> week Just follow 40 mins Basic Workout as per web /Walking/ whatever home workouts you are following right now. Complete 8000 steps throughout the day (As per your Weekly progress we will decide the workouts.) Do join our Morning live workouts as much possible as you can.**
- **Notes:**
  1. Drink 3.5 to 4 litres of water throughout the day. Begin each meal with a glass of water
  2. All food portions should be in limited quantities. Eat small frequent meals.
  3. If you feel hungry between meals, have a glass of thin buttermilk anytime in the day.
  4. **Avoid sweets, bakery items like breads and biscuits. Avoid deep fried or heavy gravy based items.**
  5. **Avoid alcohol since it has empty calories (it will now allow you to lose weight)**
  6. **Each Check Up day pls update your weight on challenge Group , progress pictures to me on my personal WhatsApp chat and inform me so that we will have follow up call. Please send me Whatsapp msg in the morning on Check up day .**
  7. Cook rice in excess water and then strain the water away to make it de-starched.
  8. 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.
  9. 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) .