

Meal Plan For: **Keeva khisty**

Start Date: 4<sup>th</sup> Dec

Time	Foods	Note
On waking up	<p>NOTE: Once you Back from office <b>at 4.30am</b> if you are feeling hungry have boiled egg / have your shake last meal and go to bed</p> <p>6.30 am Start your day with a mug of Afresh.</p> <p>Exercise: Go for 30 -40 mins Walking for 1st week &amp; follow app workouts 2 times a week</p> <p>Be Well hydrated (Finish 1 lt. water from 6.30am to 8.30am)</p>	Mix 2 spoons Afresh is 250 ml of warm water
8:00am & 2.30 pm	<p><b>Breakfast Shake:</b></p> <ul style="list-style-type: none"> <li>• Option 1&gt;&gt;Herbalife Nutrition Shake</li> <li>• Use 3 Spoons F1 (Flavour) + 3 Spoon PPP. Blend with 200ml Cow Milk and 100ml Water. Add 1 spoon oats(optional). Directly add them to the mixture while blending</li> <li>• Add Ice while blending.</li> </ul> <p>• <b>***NOTE:</b> If you already had shake at 4.30am you can have 3 serving Rice + daal +sabji at 8am &amp; go to bed</p>	No other breakfast required
8.00 am to 2.30 pm	Sleep Time for week Days	Flavour the water with mint leaves or a piece of lemon
<p>Between Dinner time 10.30pm Office days &amp; AND Sat - Sunday lunch 1Pm</p>	<p><b>Be Well hydrated (Finish 1 lt. water from 9am to 1pm)</b></p> <p><b>Lunch:</b>  <b>Start the meal with a bowl of Salad</b>  <b>Carbs:</b> 1 Bhakri OR 2 Phulka OR 4tbl spoon cooked white Rice (de-starched) + 1 small bowl/ Katori Sabzi (vegetable)</p> <p><b>Protein:</b> 1 Bowl Daal/ 1 full egg + 2egg whites OR Small bowl of Chicken/ fish curry or 3 small pieces of chicken or fish kebabs</p> <p><b>Fats:</b> 1 spn Ghee on Rice or Roti/Bhakri</p>	Bhakri or Phulka should not be more than palm size.

Time	Foods	Note
<p><b>Eve. Snack 6pm for in the cab / before leaving house Office days &amp; 5PM for SAT-SUN &amp;</b></p>	<p><b>Be Well hydrated (Finish 1.5 lt. water from 2.30pm to 10pm )</b></p> <p>****Note :Evening Snacks for Saturday Sunday: And office days 7pm Snack which you need to carry</p> <p>&gt;&gt; Option 1 : 150 gm Sprouts soaked and steamed (Start with small volume sprouts like Green moong, masoor, matki) Boiled the sprouts for 12-10 mins in lots of water in open vassal add some salt , hing&amp; haldi . Then drain out whole water let it cool. Then make like a CHAAT FORM i.e. add some cut onions, tomatoes , coriander , squeez half lemon , add chaat masala, red chilli powder &amp; salt mix it well have it like a bhel ( dont add any namkin item) OR make like Sabji / USAAL</p> <p>&gt;&gt; Option2 : 2 Small fruits ( OR 1 big sized) ( crunchy or citrus; avoid pulpy fruits) . Take 1/2 cup dahi/yoghurt add 3 spoons of F1 powder + 1spoon( to make flavored yogurt) then add cut pieces of any small fruit and eat it with a fork over period of time. Add chaat masala or Salt to it. ( OR have just Fruit)</p> <p>&gt;&gt; Option3: 1 whole egg (with yolk)+ 2 egg whites . you can have them either Boiled, Scrambled or make an Omellettes with lots of veggies ( NO BREAD. If you feel more hungry then you can have it with 1 small roti)</p>	<p>You can have a cup of tea or coffee along with it. <b>Strictly with out sugar</b></p>
<p><b>8.30 pm for SAT-SUN &amp;</b></p>	<p><b>Dinner: SAME SHAKE BREAKFAST</b></p> <ul style="list-style-type: none"> <li>•</li> <li>• <u>For Better fat loss &amp; weight loss results : Have same shake like 4pm as dinner on Daily From Monday to friday .i.e. i want you to follow 2 shakes +1 meal + 1 protein Snack</u></li> </ul> <p><b>once week you can any other food whichever you like as a cheat meal in the Saturday / Sunday lunch</b></p> <ul style="list-style-type: none"> <li>• <u>**NOTE:</u></li> <li>• <u>If you are on calorie-Deficit stick to the given portion sizes &amp; have lots of Salads for feeling of fullness.</u></li> <li>• <u>****If you are eating out prefer some protein option and replace any 2 meals with shake is must i.e. example: 3-4 Small pieces of Grilled Chicken / Fish</u></li> </ul>	<p>Try to avoid wheat at night . Have early dinners.</p>

Time	Foods	Note
	<u>Kababas + 1 bowl soup ( NO CREAM base) + have lots of Salad</u>	

- **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 but maintain portion control. Rest of the meals to be taken as per the meal plan.**
- **Notes:**
  1. Drink 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. On your Check Up day we will record your weight, progress pictures in app every Saturday and having an update call. Please send msg on Whatsapp 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)

