

Meal Plan For: **Muzammil Shaikh**

Start Date: 3<sup>rd</sup> Nov 2022

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	<b>Breakfast Shake:</b> <ul style="list-style-type: none"> <li>• Use 3 Spoons F1 (Flavour) + 2 Spoons PPP + 1 Spoon Shakemate.</li> <li>• Blend with 300 ml Water</li> <li>• Add 1spoon Oats (optional)</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 in between you can have 1 small Elaichi banana OR a small apple after 3 hrs of shake	Flavour the water with mint leaves or a piece of lemon
1:00pm	<b>Lunch: Start the meal with a bowl of Salad (i.e. for eg: at least 1 cucumber +1 tomato )</b> <b>Carbs:</b> 2 Wheat Phulkas /1 Ragi (or any) Bhakri / 4 tbl spoon White rice(de-starched) + 1 bowl Sabji <b>Protein:</b> 1 full egg +3 eggwhites OR 1 Small Bowl Daal or Small bowl of Chicken/ fish curry or 4 small pieces of chicken or fish kebabs <b>Fats:</b> 1 spn Ghee on Rice or Roti/Bhakri Have 3-4 soaked almonds after lunch.  (NOTE: Either you can have Rice in your meal or Roti or bhakari . Not both in 1 meal)	Bhakri or Phulka should not be more than palm size.
5:00pm	(Finish 1 lit bottle with hydrate sachet between 5 to 7pm / till dinner time )  Evening Snacks: Choose one option from below Option 1>>>2 fruits (medium sized) ( crunchy or citrus; avoid pulpy fruits) . Cut the fruit in pieces, mix it with 1 cup dahi/yoghurt and eat it with a fork over period of time. Add chaat masala or Salt to it.  Option 2>>>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& haldi . Then drain out whole water let it cool. Then make like a CHAAT	You can have a cup of tea or coffee along with it. <b>Strictly without sugar</b>

Time	Foods	Note
	<p>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>Option 3&gt;&gt;&gt; 1 whole egg (with yolk)+ 2 egg whites . you can have them either Boiled, Scrambled or make an Omelet with lots veggies</p> <p>***Note: If you are in travelling / didnt get time to eat then have 1 glass (250 ml) thin butter milk with Sabja or chia seeds</p>	
8:30 pm	<p><b>Dinner: Daily Have Same Shake Like Breakfast</b>  <b>3 Spoons of F1 + 2 Spoons of PP + 1 spoon Of shake mate</b></p> <p><b>**** Note If you want to eat anything at night choose below options once a week</b></p> <p><b>Start the meal with a bowl of Salad (i.e. for eg: at least 1 cucumber +1 tomato )</b>  <b>Dinner can be exactly the same as Lunch (Avoid roti have Bhakari /rice)</b>  <b>OR</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 Maida Roti )</p> <p><b>****NOTE : Avoid eating outside food for 1<sup>st</sup> month . And If you are eating out consult with the coach a day prior, prefer some protein options i.e. example: 3-4 Small pieces of Grilled paneer/Chicken Kabab/Fish Kabab + 1 wheat roti/ rice &amp; dal + have lots of Salad</b></p> <ul style="list-style-type: none"> <li><b>**** For Consistent Weight Loss Results you need to follow 2SHAKES + 1 Meal +1 Protein Snack ,i.e. proper calori management program Strictly</b></li> </ul>	<p>Try to avoid wheat at night .  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 30 to 45 mins Basic Workout Walking/ Treadmill . Complete 7000 steps throughout the day (As per your Weekly progress we will decide the workouts.)**

- **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. Exercise as per the workout Videos Provided. Other than the exercise, you should walk for 6-7K steps everyday.
7. On your Check Up day we will record your weight, progress pictures and having an update call. Please send me your stats by Whatsapp in the morning on Check up day .
8. Cook rice in excess water and then strain the water away to make it de-starched.
9. 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.
10. 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) .