

Meal Plan For: **Pallavi Musale**

Start Date: 17-1-2023

Time	Foods	Note
Mor duty 6.30 am: Eve. Duty 9am: Night Duty 5pm	Start your day with a mug of Afresh. Exercise: Go for basic 30 mins Walking at any convenient time Be Well hydrated (Finish 1 lt. water from 6am to 9.30am)	Mix 2 spoons Afresh is 250 ml of warm water
MOR Duty 8:30 AM : EVE Duty 9:00AM : NIGHT Duty 5:00PM	Breakfast Herbalife Nutrition Shake Use 3 Spoons F1 (Flavour) and 2 Spoon PPP + 1 Shakemate Blend with 300 ml Water Add Ice while blending •	No other breakfast required
From Shake till next Meal	Be Well hydrated till Lunch (Finish 1 lt. water)	Flavour the water with mint leaves or a piece of lemon
MOR 1:00 PM : EVE 12:00 PM : NIGHT 10 :00PM	Lunch: Start the meal with a bowl of Salad (I.e 1 cucumber + 1 tomato) Option 1>> 2 small Phulka/ 1 small Bhakri + Any sabji + Daal OR 2 egg bhurji / Boiled eggs Option 2>> 3 serving spoon White Rice/ Brown rice + 1 tbs any sabji + 1 big bowl dal/ Egg curry with 1 full egg & 2 egg whites + salad bowl ***NOTE: Choose any 1 option for week day , But Weekend prefer Shake for Breakfast .	Bhakri or Phulka should not be more than palm size.
MOR 4:00 PM : EVE 5:00 PM : NIGHT Duty 11am :	Evening Snacks: Choose one option from below Option 1>>>1 glass (200 ml) thin butter milk with Sabja or chia seeds Option 2 >>>1 fruit (medium sized) (crunchy or citrus; avoid pulpy fruits) . Cut the fruit in pieces, mix it with 1/2 cup dahi/yoghurt and eat it with a	You can have a cup of tea or coffee along with it. Strictly with out sugar

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	<p>fork over period of time. Add chaat masala or Salt to it.</p> <p>Option 3>> 100 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 FORM i.e. add some cut onions, tomatoes , coriander , squeez half lemon , add chaat masala, red chilli powder & salt mix it well have it like a bhel (dont add any namkin item) OR make like Sabji / USAAL</p> <p>****NOTE For Night duty day once you wake up have 1st meal >> Herbalife Nutrition Shake. Use 3 Spoons F1 (Flavour) and 2 Spoon PPP+ 1 Spoon Shake mate& Blend with 300 ml Water.Add Ice while blending</p>	
<p>MOR 8:30 PM :</p> <p>EVE9:30PM :</p> <p>Night duty days in the morning Between 7am to 8am</p>	<p>Dinner:</p> <p><u>• For 1 kg weekly weight loss results : Have follow 2 shakes +1 meal + 1 protein Snack at least 5 days a week from 2nd week</u></p> <p>****NOTE :AVOID OUTSIDE FOOD AT LEAST FOR 3 KGS WEIGHTLOSS RESULTS</p> <p><u>• If you are on calorie-Deficit stick to given portion sizes & have lots of Salads for feeling of fullness.</u></p>	<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 but maintain portion control. Rest of the meals to be taken as per the meal plan.**
- **Exercise : Follow your workout routine. And just Complete 7000 steps throughout the day (Pls make sure when you are weightloss journey exercise will play only 10% part of program so give your full focus to meals and follow basic exercise routine.)**
- **Notes:**
 1. Drink 3.5 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 send me on whatsapp chat and we will be having follow up call. Please send me your stats by 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)