

Meal Plan For: **Prachi Mujumdar**

Start Date: 06-11-2022

Time	Foods	Note
On waking up	Start your day with a cup of Black Coffee / Green Tea	Mix 2 spoons Afresh is 250 ml of warm water
9:00am	Breakfast Shake: <ul style="list-style-type: none"> • Use 3 Spoons F1 (Flavour) + 1 Spoons PPP+ 1 Spoon Shakemate • Blend with 300ml Water • Add Ice while blending 	No other breakfast required
9.00 am to 1.00 pm	Be Well hydrated till Lunch (Finish 1 lt. water)	Flavour the water with mint leaves or a piece of lemon
1:00pm	Lunch: Start the meal with a bowl of Salad I.e 1 cucumber + 1 tomato minimum Carbs: 1 chapati or 1/2 Bhakri or 3 tbl spoon cooked white Rice (de-starched) + 1 small Katori Sabzi (vegetable) Protein: 1 Small Bowl Daal OR 4 egg whites OR Small bowl of Chicken/ fish curry OR 3 small pieces of chicken or fish kebabs Fats: 1 spn Ghee on Rice or Roti/Bhakri	Bhakri or Phulka should not be more than palm size.
5:00pm	Choose one option from below Evening Snacks: >> Option 1: 1 fruit (medium sized) (crunchy or citrus; avoid pulpy fruits) . Take half Cup yoghurt add 2 spoons of F1 powder (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. >> Option 2: 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 ,	You can have a cup of tea or coffee along with it. Strictly with out sugar

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	<p>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>Option 3>>> : 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)</p> <p>****NOTE: If you are in travelling / Busy due to work don't miss the snack time have at least 1 glass (200 ml) thin butter milk with Sabja or chia seeds</p>	
8:00 pm	<p>Dinner: Same as lunch Or follow options given below (Avoid roti at night)</p> <p>>> Option 1: 3 serving Spoons Moong dal khichadi (Make khichadi with 2 tbsp dal+ 1 tbsp vegetables) + 1 small katori curd / thin Buttermilk</p> <p>>> Option 2 : 2 Serving spoon rice / half bhakari + Chicken /fish curry with 3 pieces OR any veg curry + 1 small glass Buttermilk (salad is must)</p> <p>>> Option 3 : 2 small Moong Chila / Raggi Chila with Sambar + Sabzi</p> <p>**NOTE:</p> <ul style="list-style-type: none"> • From 2nd week Have same Shake like breakfast as dinner on Daily From Monday to saturday . (If you are on calorie-Deficit stick to 2 shakes +1 meal + 1 protein Snack as per given portion sizes & have lots of Salads for feeling of fullness.) <p>***NOTE: AVOID EATING OUTSIDE FOOD for first 2 Weeks as it will help you stay consistent & get your results faster.</p> <p>****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 Paneer / Chicken / Fish Kababas + 1 bowl soup (NO CREAM base) + have lots of Salad</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 8000 steps throughout the day (As per your Weekly progress we will make changes in workout intensity)**
- **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 and having an update 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)