

Meal Plan For: **Shivani Wakankar**

Start Date: 11-11-2022

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	Breakfast Shake: <ul style="list-style-type: none"> • Use 3 Spoons F1 (Flavour) +2 Spoons PPP + 1 spoon shakemate. • Blend with 300 ml Water • Add Ice while blending 	No other breakfast required
9.00 am to 1.00 pm	Mid-Morning: Be Well hydrated till Lunch (Finish 1 lt. water) •Special Tip : Make 1 litter bottle with lemon & salt water Finish 1 bottle till lunch & 1 bottle bet 3pm to 7pm . (To avoid cravings & helps you to recover from Water Loss, rich in vitamin C)	Flavour the water with mint leaves or a piece of lemon
1:00pm	Lunch: Start the meal with a bowl of Salad (1 cucumber + 1 tomato minimum) Carbs: 1 Chapati or Half Bhakari OR 3 tbl spoon cooked white Rice (de-starched) + 1 small bowl/ Katori Sabzi (vegetable) Protein: 1Boiled egg 1 full+2 egg white OR 1 Small Bowl Daal 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	Special tip: Finish 1 lit bottle with hydrate Between 4 pm to 8pm i.e. till dinner time Evening Snacks: Choose one option from below •1 fruit (medium sized) (crunchy or citrus; avoid pulpy fruits) . Take 1/2 cup dahi/yoghurt add 2spoons 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.	You can have a cup of tea or coffee along with it. Strictly with out sugar

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	<ul style="list-style-type: none"> • 100gm 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 • 1 whole egg (with yolk)+ 2 egg whites . you can have them either Boiled, Scrambled or make an Omelet with 75 grams veggies 	
8:00 pm	<ul style="list-style-type: none"> • <u>Dinner:</u> • <u>Have 3+2+1 Shake same like breakfast as dinner on Daily From Monday to Friday .</u> • <u>(You can switch your shake as 5 pm on Sunday and have protien rich option at dinner time but don't have chapati -sabji meal at night)</u> • <u>Twice a week you can have you can have below option</u> >> Option 1: 3 serving Spoons Moong dal khichadi (Make khichadi with 2 tbsp dal + 1 tbsp vegetables) OR Pulav with lots of Veggies + 1 small katori curd / thin Buttermilk (salad is must) >> Option 2 : 2 Serving spoon Brown rice + Chicken /fish curry with 3 pieces OR any veg curry + 1 small glass Buttermilk (salad is must) • <u>**NOTE:</u> • <u>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.</u> • <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 kabab + 1 bowl soup (NO CREAM base) + have lots of Salad</u> 	Try to avoid wheat at night . Have early dinners.

- **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 as we discussed on call. And just Complete 8000 steps throughout the day (PIs 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 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 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)

