

Meal Plan For: Vijaya Jadhav

Start Date: 28-12-2022

Time	Foods	Note
On waking up	Have your Thyroid Medicine & then after half an hour 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) &amp; 2 Spoons PPP+ 1spoon Shake mate</li><li>• Blend with ml Water</li><li>• Add Ice while blending</li><li>• With shake you need to have your Targeted Nutrition Supplementation i.e. 1 Tablet Calcium &amp; 1 Joint Support</li></ul> <b>( NOTE: Calcium Tablet 1ce a day &amp; Joint support Twice a day with meal )</b>	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	<b>Lunch: Start the meal with a bowl of Salad (i.e. 1 cucumber + 1 tomato minimum)</b> <b>Carbs:</b> 2 Small Phulka OR 1 small Ragi Bhakari OR 4 Serving spoon cooked white Rice (de-starched) + 1 small bowl/ Katori Sabzi (vegetable)  <b>Protein:</b> 1 Bowl Daal or 1 bowl Sprouts Sabji  <b>Fats:</b> 1 spn Ghee on Rice or Roti/Bhakri <b>(NOTE: In meal Have one type of carbs only i.e. Either you can have Roti in your meal or Rice or bhakari . Not both at one time)</b>  <b>Have your Targeted Nutrion JOINT SUPPORT 2<sup>nd</sup> Tablet at LUNCH / Dinner time</b>	Bhakri or Phulka should not be more than palm size.

Time	Foods	Note
5:00pm	<p>Special tip: Finish 1 lit bottle with hydrate Between 4 pm to 8pm i.e. till dinner time</p> <p>Evening Snacks: Choose one option from below</p> <ul style="list-style-type: none"> <li>•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.</li> <li>• 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&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</li> <li>• 2 Small Green Moong Chila / Ragi Chila with chutney+ sambar</li> </ul> <p><b>***Note: If you are in travelling / didn't get time to eat then have 1 glass (250 ml) thin butter milk with Sabja or chia seeds</b></p>	<p>You can have a cup of tea or coffee along with it. <b>Strictly with out sugar</b></p>
8:30 pm	<ul style="list-style-type: none"> <li>• <b><u>Dinner: Have a same meal as Lunch Avoid roti at night prefer Half Bhakari / Rice or follow option below</u></b></li> <li>• &gt;&gt; <b>Option 1:</b> 4 serving Spoons Moong dal khichadi (Make khichadi with 2 tbsp dal+ 1 tbsp vegetables) + 1 small katori curd / thin Buttermilk</li> <li>&gt;&gt; <b>Option 2 :</b> 3 Serving spoon rice + DAAL / any veg curry / chhole / any paneer sabji with lots of veggies + (salad is must)</li> <li>• <b><u>**NOTE: You can have 2<sup>nd</sup> shake if your meal is not as per the given chart i.e. have 3 Spoons of F1 + 2 Spoons of PP + 1 spoon Of shake mate.</u></b></li> </ul> <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> <p><b>**** For Consistent Weight Loss Results you need to follow 2SHAKES + 1 Meal +1 Protein Snack, i.e proper calorie-management program from 3<sup>rd</sup> week</b></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. AFTER 3<sup>RD</sup> WEEK 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 Physiotherapy exercises as per given by your Doctor right now. And try to Complete 6000 steps throughout the day i.e. 10 to 15 mins walking 2 times a day if possible (As per your Weekly progress we will decide the workouts.)
- **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. Exercise as per the workout Videos Provided. Other than the exercise, you should walk for 6-7K steps everyday.
  6. **On your Check Up day i.e every saturday we will record your weight, progress pictures send me on whatsapp and we will be having an update call. Please send me your stats by Whatsapp in the morning on Check up day .**
  7. 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.
  8. 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)

