

Meal Plan For: **Sharvari Malunjkar**

Start Date: 31/01/2023

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 to 10:00 am	Breakfast Shake: <ul style="list-style-type: none"> • Use 2 Spoons F1 (Flavour) + 2 Spoons PPP • Blend with 300 ml Water • Add Ice while blending 	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 after 3 hours from shake in between you can have 1 glass buttermilk	Flavour the water with mint leaves or a piece of lemon
1:00pm to 1.30pm	Lunch: Start the meal with a bowl of Salad (i.e. for eg: at least 1 cucumber +1 tomato) Carbs: 1.5 Small Phulkas / 3 tbl spoon White rice(de-starched)/ Brown rice + 1 bowl Sabji Protein: 1 full egg +3 eggwhites OR 1 Bowl Daal Fats: 1 spn Ghee on Rice or Roti/Bhakri. (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.pm to 5.30pm	(Finish 1 lit bottle with hydrate sachet between 5 to 7pm / till dinner time) Evening Snacks: Choose one option from below Option 1>>> 1 fruit (medium sized) (crunchy or citrus; avoid pulpy fruits) . You can make recipe Cut the apple in pieces. Take 1 katori dahi/yoghurt, add 2 spoons of formula 1 any flavour mix it well and then add apple pieces into curd 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 without 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 / make Green moong Dosa</p> <p>Option 3>>> 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><u>Dinner : Same as lunch Avoid Roti at night</u></p> <p>Start the meal with a bowl of Salad (i.e. for eg: at least 1 cucumber +1 tomato)</p> <p>Option 1>>> 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>Option 2>>> 3 tbl spoon rice + Chole / any sabji + Big Salad bowl + 1 small glass Buttermilk(Avoid Roti/ bhakari)</p> <p>Option 3 >>> 1 big bowl of salad (5 to 6 cups of salad) olive oil based dressing + add 75 grams masala / marinated tofu or paneer / 2 eggs +1 bowl of soup (try have moong soup/ any lentil soup with ghee tadka)</p> <ul style="list-style-type: none"> • <u>**NOTE:</u> • <u>Since we are starting weight loss challenge accountability group from 3rd feb kindly Follow proper Weightloss Plan i.e. 2 shakes +1 meal + 1 protein Snack as per given portion sizes & have lots of Salads for feeling of fullness to consistent Weightloss results. (I.e. 6 Days a week)</u> • <u>Once a week (i.e On Sundays / Check up day) you can have you can have below option / protein Rich option.</u> <p>****NOTE : Avoid eating outside food. And If you are eating out consult with me a day prior, prefer some protein options i.e. example: 3-4 Small pieces of Grilled paneer</p>	<p>Try to avoid wheat at night . Have early dinners.</p>

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	+ big bowl of soup (without cream)+ have lots of Salad	

- **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 : 1st week Just follow 40 mins Brisk Walking/ whatever home workouts you are following right now. Complete 8000 steps throughout the day (As per your Weekly progress we will decide the workouts.) Do try & join our Morning live workouts as much possible as you can from 3rd FEB.**
- **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. **Avoid sweets, bakery items like breads and biscuits. Avoid deep fried or heavy gravy based items.**
 4. **Each Check Up day pls update your weight & progress pictures to me on my personal WhatsApp chat and inform me so that we will have follow up call. Please send me Whatsapp msg in the morning on Check up day .**
 5. Cook rice in excess water and then strain the water away to make it de-starched.
 6. 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.
 7. 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) .