

Meal Plan For: **Anup Kodre**

Start Date: 01/02/2023

Time	Foods	Note
On waking up	Start your day with a mug of Afresh+ 1 cap aloe drink	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 3 Spoons F1+ 3 Spoons PPP + 1 Spoon Shake mate. + 1 probiotic Sachet • 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: 2 Chapati / 1 small Bhakri / 4 tbl spoon White rice(de-starched) + 1 bowl Sabji Protein: 1 full egg +3 eggwhites OR 1 Small Bowl Daal OR 3 pieces of chicken/ fish curry / kabab (If you are having non-veg kindly avoid veg sabji) 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	(Special Tip for challenge : Finish 1 lit bottle with hydrate sachet between 5 to 8pm / 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>>> 2 Moong chilla / ragi chilla + sambar & chutney with some salad	You can have a cup of tea or coffee along with it. Strictly without sugar

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	<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>Option 4>>> 100 gm Sprouts soaked and steamed (Start with 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. Have at least twice week.</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. 4 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/ 1 bowl Curd</p> <p>Option 2>>> 4 tbl spoon rice/ 1 Small Bhakri + Chole / chicken curry / fish curry / any sabji + Big Salad bowl + 1 small glass Buttermilk(Avoid Roti) If you are having Uric acid issue Limit your NON-VEG intake.</p> <p>Option 3 >>> 1 big bowl of salad (5 to 6 cups of salad) olive oil based dressing + add 75 grams masala tofu / 75 grams shredded or boiled Chicken / 2 eggs +1 bowl of homemade soup (try have moong soup/ any lentil soup with ghee tadka)</p> <p>**NOTE:</p> <ul style="list-style-type: none"> <u>Since you are challenge Follow proper Weightloss Plan from 3rd Feb 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.</u> <p>****NOTE : Avoid eating outside food at least 2 weeks . And If you are eating out consult</p>	<p>Try to avoid wheat at night</p> <p>Have early dinners.</p>

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	with me a day prior, prefer some protein options i.e. example: 3-4 Small pieces of Grilled paneer/ chicken / fish + 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 3kg 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 & share it through APP.) Do try & join our Morning live workouts as much possible as you can from 3rd FEB.**
- **Notes:**
 1. Drink 4 litres of water throughout the day. Begin each meal with a glass of water
 2. **Avoid sweets, bakery items like breads and biscuits. Avoid deep fried or heavy gravy based items.**
 3. **Avoid alcohol completely for 3 weeks at least since it has empty calories (it will now allow you to lose weight)**
 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. 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.
 6. Crunchy fruits are Apple, Pear, Guava, Plums or Berries etc. **Avoid Pulp fruits like Banana, Mango, Chikku, Anjeer, Grapes etc.** Papaya, Watermelon, Muskmelon can be had once a week. (Cut pieces 1 cup loosely packed) .

