

Meal Plan For: **Archana Kumari**

Start Date: 11-3-2023

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	Breakfast Shake: <ul style="list-style-type: none"> • Use 3 Spoons F1 (Flavour) +2 Spoons PPP + 1 Shakemate Spoon . • Blend with 300 ml Chilled 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)	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 Small Phulka or ¾ th small Raggi Bhakari OR 3 tbl spoon cooked white Rice (de-starched) + 1 small bowl/ Katori Sabzi (vegetable) Protein: 1 Small Bowl Daal OR 1 full Egg + 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.
4.30 pm to 5:00pm	Special tip: Finish 1 lit water bottle with 1 sachet of Hydrate Between 4 pm to 8pm i.e. till dinner time Evening Snacks: Choose one option from below <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 	You can have a cup of tea or coffee along with it. Strictly with out sugar

Time	Foods	Note
	<p>& salt mix it well have it like a bhel (dont add any namkin item) OR make like Sabji / USAAL</p> <ul style="list-style-type: none"> • Have 1 bowl Oats Poha with lots of veggies / 2 small oats chilla • 1 whole egg (with yolk)+ 2 egg whites . you can have them either Boiled, salads or make an Omelet with 75 grams veggies 	
8:00 pm	<p>Dinner: Daily Have Same Shake</p> <ul style="list-style-type: none"> • 3 Spoons of F1 + 2 Spoons of PP + 1 spoon Of shakemate <u>from Moday to Saturday religiously (You can Shuffle meals i.e. Have shake at 5pm & have Protien snacks at 8pm)</u> • **NOTE: • <u>Since you are challenge 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.</u> • <u>Twice a week (i.e On Sundays & Check up day) you can have you can have protein Rich meal option like in the earlier plan.</u> <p>****NOTE : Avoid eating outside food. And If you have to then kindly consult with me/ Ashish , prefer some protein options i.e. example: Grilled Paneer starter option +soup (NO cream) + lots of salad****NOTE : <u>Avoid eating outside food.</u></p> <p><u>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/Chicken Kabab/Fish Kabab + big bowl of soup (without cream)+ have lots of salad</u></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 : 1st week Just follow 40 mins Brisk Walking / Workout as I will suggest video / whatever home workouts given in the App. Complete 8000 steps throughout the day (As per your Weekly progress we will decide the workouts.) Do join our Morning live workouts as much possible as you can from 20th April**
- **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. **On your Check Up day we will record your weight (Stand on the scale & click a photo), progress pictures send via WhatsApp and we will be having an follow up call. Please send me your weight & pics empty stomach on Check up day .**
 6. Cook rice in excess water and then strain the water away to make it de-starched.
 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)