

Meal Plan For: Gesu Sharma

Start Date: 04-05-2023

Time	Foods	Note
On waking up	Start your day with a mug of Afresh	Mix 2 spoons Afresh is 250 ml of warm water
9:30am	Breakfast Shake: <ul style="list-style-type: none"> • Use 3 Spoons F1 (Flavour) & 1 Spoons PPP+ 1spoon Shake mate • Blend with ml Water • Add Ice while blending 	No other breakfast required
9.30 am to 1.30 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
1:30pm	Lunch: Start the meal with a bowl of Salad (1 cucumber + 1 tomato minimum) Carbs: 1Small Phulka OR Half Ragi Bhakari OR 3 tbl spoon cooked white Rice (de-starched) + 1 small bowl/ Katori Sabzi (vegetable) Protein: 1 Bowl Daal or 1 bowl Sprouts Sabji or 1 bowl of Curd 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. (OR due to season you can have 1 Medium mango twice a week)	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"> • 1 whole egg (with yolk)+ 1 egg whites . you can have them either Boiled, Scrambled or make an Omelet with veggies (like Half onion, tomato, capsicum) • 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 <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>Dinner: Have Dinner Shake 3 Spoons of F1 + 2 Spoons of PP + 1 spoon Of shake mate <u>On alternate days i.e Moday -WED-Friday Sunday religiously</u></p> <ul style="list-style-type: none"> • <u>**NOTE:</u> • <u>Since want to lose weight 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>Three times a week you can have you can have below option / protein Rich option.</u> <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>>>2 Small Green Moong Chila / Ragi Chila with chutney+ sambar</p> <p>Option 3>>> 2 tbl spoon rice + Rajma/Chhole/ paneer Sabji/ any sabji + Big Salad bowl + 1 small glass Buttermilk (NO Roti)</p>	<p>Try to avoid wheat at night . Have early dinners.</p>

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	<ul style="list-style-type: none"> • ****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 	

- **8:00pm to next day 9:00am noon will be your fasting window. Do not have anything except water or black coffee.**
- **SUNDAY: You can take a break. AFTER 3RD WEEK 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 Basic Workout as per web /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 join our Morning live workouts as much possible from 13th MAY.**
- **Notes:**
 1. **Drink 3.5 litres of water throughout the day. Begin each meal with a glass of water**
 2. If you feel hungry between meals, have a glass of thin buttermilk anytime in the day.
 3. **Avoid sweets, bakery items like breads and biscuits. Avoid deep fried or heavy gravy based items.**
 4. **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 .**
 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 Pulpy fruits like Banana, Mango, Chikku, Anjeer, Grapes etc. Papaya, Watermelon, Muskmelon can be had once a week. (Cut pieces 1 cup loosely packed)