

Meal Plan For: **Sujata Rohakale**

Start Date: 07/05/2023

Time	Foods	Note
On waking up	Start your day with 5 soaked Almonds + a mug of Afresh	Mix 2 spoons Afresh is 250 ml of warm water
8am to 8:30am	<b>Breakfast Shake:</b> <ul style="list-style-type: none"> <li>• Use 3 Spoons F1 (Flavour) &amp; 1 Spoon PPP + 1 spoon Shakemate</li> <li>• Blend with 250 ml Water</li> <li>• Add Ice while blending</li> </ul>	No other breakfast required
9.00 am to 1.00 pm	Be Well hydrated till Lunch (Finish 1 lt. water)	Flavour the water with mint leaves or a piece of lemon
12:30 - 1pm	<b>Lunch: Start the meal with a bowl of Salad</b> <b>Carbs:</b> 1/2 Bhakri/ 1 chapati /1 Bowl Sabji + 1 vati daal <b>Protein: Fats:</b> 2 spn Ghee Roti/Bhakri	Bhakri or Phulka should not be more than palm size.
4pm - 4:30pm	1 glass (300 ml) thin butter milk with Sabja/ chia seeds <b>OR</b> 1 fruit (medium sized) ( <b>crunchy or citrus; avoid pulpy fruits</b> ) . Cut the fruit in pieces, mix them it 1 cup dahi	You can have a cup of tea or coffee along with it. <b>Strictly with out sugar</b>
8:00 pm	<b>Dinner: Start the meal with a bowl of Salad</b> <ul style="list-style-type: none"> <li>• <u>Dinner can be exactly the same as Lunch</u></li> </ul> <b>OR</b> <ul style="list-style-type: none"> <li>• 1 bowl moong dal khichadi (more dal less rice 2:1) with vegetables (2 tbl spoon Moong dal+1 tbl spoon rice)</li> <li>• 1 Moong Chila with Sambar + Sabzi</li> <li>• <b><u>Have shake instead of dinner if advised by your coach.</u></b></li> </ul>	Try to avoid wheat at night . Have early dinners.

- **8:00pm to next day 8:00am 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.**

- **Notes:**

1. Drink 3 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. Avoid alcohol since it has empty calories (it will now allow you to lose weight)
6. Exercise as per the workout Videos Provided. Other than the exercise, you should walk for 6-7K steps everyday.
7. On your Check Up day we will record your weight, progress pictures and having an update call. Please send me your stats by Whatsapp in the morning on Check up day .
8. Cook rice in excess water and then strain the water away to make it de-starched.
9. 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.
10. 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)