

Meal Plan For: **Yogesh Gondalkar**

Start Date: 19th May 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
7:00am	Breakfast Shake: <ul style="list-style-type: none"> • Use 2 Spoons F1 (Flavour) and 2 Spoons PPP. • Blend with 100ml Milk and 250 ml Water • Add 1spoon Oats or 1/2 Banana • 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)	Flavour the water with mint leaves or a piece of lemon
11:00pm	Lunch: Start the meal with a bowl of Salad Carbs: 1 Ragi Bhakri / 2 Wheat Chapati +1 bowl Sabji Protein: 1 large Bowl Daal / 50 gm Chicken or 3 full eggs Fats: 2 spn Ghee on Rice or Roti/Bhakri	Bhakri or Phulka should not be more than palm size.
3:00pm	200 gm Sprouts soaked and Steamed + 1 Tbl spoon Virgin olive oil OR Chicken Salad + 2 Tbl spoon Cooked Oats + 1 spoon Peanut Butter + 1/2 cup cold milk + 5 Almonds OR 2 fruit (medium sized) (crunchy or citrus; avoid pulpy fruits) . Cut the fruit in pieces, mix them it 1 cup dahi / yoghurt and eat it with a fork over period of time. Add 1 tbl spoon pumpkin/ sunflower seeds for taste.	You can have a cup of tea or coffee along with it. Strictly without sugar

Time	Foods	Note
7:00 pm	<p>Dinner: Start the meal with a bowl of Salad</p> <ul style="list-style-type: none"> • <u>Dinner can be exactly the same as Lunch</u> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • 1 bowl veg stew with 100 grams paneer/ chicken • 1 bowl moong dal khichadi (more dal less rice 2:1) with vegetables (2 tbl spoon Moong dal+1 tbl spoon rice) + 1 tsp Ghee • 3 tbl spoon rice + Rajma+ 1 small glass Buttermilk • 1 Moong Chila with Sambar + Sabzi + 1 small katori curds. • <u>Have shake instead of dinner if advised by your coach.</u> 	<p>Try to avoid wheat at night</p> <p>Have early dinners.</p>

- **7:00pm to next day 7:00am 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) .