

Meal Plan For: **Ranjan Sir**

Start Date: 12-06-2023

Time	Foods	Note
On waking up 7.30am	Start your day with a mug of tea concentrate	Mix 2 small spoons Afresh is 250 ml of warm water
9:30am	<p><b>Breakfast Shake:</b></p> <ul style="list-style-type: none"> <li>• Use 2 Spoons F1 (Flavour) +1 Spoons PPP</li> <li>• Blend with 150 ml skimmed milk / low fat cow milk + 100 Chilled Water</li> <li>• Add any half Apple, any 4 to 5 berries , 2-3 strawberry prefer citrus fruit .( fruit is optional, not compulsory)</li> <li>• Add Ice while blending</li> </ul>	No other breakfast required
9.30 am to 1.30 pm	<p>Mid-Morning:</p> <p>Be Well hydrated till Lunch (Finish 1.5 lt. water)</p>	Flavour the water with mint leaves or a piece of lemon
1:30pm	<p>Lunch:</p> <p>Start the meal with a bowl of Salad (1 cucumber + 1 tomato minimum)</p> <p><b>Carbs:</b> 2 Small (6 inch) Phulka or 1 small Bhakari OR 3 tbl spoon cooked white Rice (de-starched) + 1 small Katori Sabzi (vegetable)</p> <p><b>Protein:</b> 1 Small Bowl Daal <b>OR</b> 1 full Egg + 4 egg whites <b>OR</b> Small bowl of Chicken/ fish curry or 3 small pieces of chicken or fish kebabs</p> <p><b>Fats:</b> 1 spn Ghee on Rice or Roti/Bhakri</p>	Bhakri or Phulka should not be more than palm size.
5.00 pm to 5:30pm	<p>Special tip: Finish 1 lit water bottle Between 4 pm to 8pm i.e. till dinner time</p> <p>Evening Snacks: Choose one option from below</p> <ul style="list-style-type: none"> <li>• 150gm 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&amp; 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</li> </ul>	<p>You can have a cup of tea or coffee along with it.</p> <p><b>Strictly with out sugar</b></p>

Time	Foods	Note
	<p>&amp; 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"> <li>• Option 2&gt;&gt;&gt;1 whole egg (with yolk)+ 2 egg whites . you can have them either Boiled, Scrambled or make an Omelet with 75 grams veggies</li> <li>• Option 3&gt;&gt;&gt;•1 fruit (medium sized) ( crunchy or citrus; avoid pulpy fruits) . Take 1/2 cup dahi/yoghurt add 3 spoons 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.</li> </ul>	
<p>9:00 pm</p>	<ul style="list-style-type: none"> <li>• <b><u>Dinner: Start the meal with a bowl of Salad (i.e. for eg: at least 1 cucumber +1 tomato )</u></b></li> <li>• <b><u>You can have same food as lunch but try to avoid wheat roti at night so you can choose below options</u></b></li> </ul> <p>Option 1&gt;&gt;&gt; 1 bowl (i.e. 4 serving spoons) cooked Moong Dal Kichaadi (2:1, two parts daal and 1 part rice + add lots of veggies ) OR 4 serving Dalia with lots of veggies + 1 tspGhee + 1 big bowl salad + 1glass thin Buttermilk.</p> <p>Option 2&gt;&gt;&gt; 3 tbl spoon rice/ 1 small Jawar Bhakari + 2 eggs curry/ Bhurji / 3 pieces Fish or Chicken curry / vegetable curry + Big Salad bowl + 1 small glass Buttermilk (Avoid Roti at night )</p> <p>Option 3&gt;&gt;&gt; 2 Green moong chilla / 2 Oats Chilla +sambar + sabji + chutney</p> <p><u>Specifically on weekend if you are eating out in lunch You can have same shake like breakfast as dinner. Also if the dinner options are not as per plan u can have same shake as a dinner.</u></p> <p><b><u>****NOTE : Avoid eating outside food. 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</u></b></p>	<p>Try to avoid wheat at night . Have early dinners.</p>

Time	Foods	Note
	<p><u>bowl of soup (without cream )+ have lots of salad</u></p> <ul style="list-style-type: none"> <li>• <u>From 3<sup>rd</sup> week we will start optimized plan i.e as per your hunger we need to replace one more meal with the shake to create proper calorie-Deficit &amp; get the weekly 700grams to 1kg Results</u></li> </ul>	

- **9:30pm to next day 9:30am 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 : 1<sup>st</sup> 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 17<sup>th</sup> JUNE. Or follow workout recorded link**
- **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. **Strictly No to sugar , Gud ,sweets, bakery items like breads and biscuits till you achieve your 1<sup>st</sup> Weight loss milestone .**
  5. **Avoid deep fried or heavy gravy based items.**
  6. **Avoid alcohol ( any hard drink) & Chakana items as you are on calorie management program avoid all these free calories till you achieve 5 kges result . after that I will guide you how frequently you can drink.**

- 7. 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 .**
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)