

Meal Plan For: **Mounika**

Start Date: 12-06-2023

Time	Foods	Note
On waking up 7.30am	Start your day with a mug of tea concentrate (which is 0 calorie drink allowed for fasting window)	Mix 2 small spoons Afresh is 250 ml of warm water
8:30am	Breakfast Shake: <ul style="list-style-type: none"> • Use 2 Spoons F1 (Flavour) +1 Spoons PPP • Blend with 150 ml skimmed milk / low fat cow milk + 100 Chilled Water (milk is optional you can have shake in full water) • Add Ice while blending 	No other breakfast required
8.30 am to 12.00 pm	Mid-Morning: Be Well hydrated till Lunch (Finish 1.5 lt. water)	Flavour the water with mint leaves or a piece of lemon
12:00pm	Lunch: Start the meal with a bowl of Salad (1 cucumber + 1 tomato minimum) Carbs: 3 tble spoon Quinoa OR 3 tbl spoon cooked white Rice (de-starched) OR 1.5 small wheat phulka / 2 small Raggi chilla + 1 small Katori Sabzi (vegetable) / lentil sabji or curry Protein: 1 full Egg + 4 egg whites OR 1 Small Bowl Daal 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.
3.30 pm to 4:00pm	Special tip: Finish 1 lit water bottle Between 4 pm to 8pm i.e. till dinner time Evening Snacks: Choose one option from below • 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

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	<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"> • Option 2>>>1 whole egg (with yolk)+ 2 egg whites . you can have them either Boiled, Scrambled or make an Omelet with 75 grams veggies • Option 3>>>•1 fruit (medium sized) (crunchy or citrus; avoid pulpy fruits) . Take 1/2 cup dahi/yoghurt add 1 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. <p>OR You can make your 3 TBL spoon Oat Meal just make sure don't add Honey & peanut butter add just our Formula 1 shake mix 1 spoon + 1 spoon PP</p>	
7:00 pm	<ul style="list-style-type: none"> • <u>Dinner: Start the meal with a bowl of Salad (i.e. for_eg: at least 1 cucumber +1 tomato)</u> <p>Option 1>>> 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>>> 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>>> 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><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</u></p>	Try to avoid wheat at night . Have early dinners.

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	<p><u>paneer/Chicken Kabab/Fish Kabab + big bowl of soup (without cream)+ have lots of salad</u></p> <ul style="list-style-type: none"> • <u>From 3rd 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 & get the weekly 700grams to 1kg Results</u> 	

- **7:30pm to next day 7:30am 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 : 1st week Just follow 40 mins Brisk Walking / Workout as I will suggest video / whatever home workouts given in the App. Complete 8000 to 10000 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 17th 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 1st Weight loss milestone .**
 5. **Avoid deep fried or heavy gravy based items.**
 6. **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 .**

7. Cook rice in excess water and then strain the water away to make it de-starched.
8. 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.
9. 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)