

Meal Plan For: **Shrabona**

Start Date: 26-07-2023

Time	Foods	Note
On waking up	Start your day with a mug of Afresh	Mix 2 spoons Afresh is 250 ml of warm water
8:30am	<p>Breakfast Shake: Use 3 Spoons F1 (Flavour) + 2 Spoons PPP + 1 Shakemate Spoon .</p> <ul style="list-style-type: none"> • Blend with 300 ml Chilled Water • Add Ice while blending 	No other breakfast required
9.00 am to 1.00 pm	<p>Mid-Morning: Be Well hydrated till Lunch (Finish 1 lt. water)</p>	Flavour the water with mint leaves or a piece of lemon
1:00pm	<p>Lunch: Start the meal with a bowl of Salad (1 cucumber + 1 tomato minimum) Carbs: 1 Small Roti or 1 small Bhakari OR 3 tbl spoon cooked white Rice (de-starched) + 1 small bowl/ Katori Sabzi (vegetable)</p> <p>Protein: 1 Small Bowl Daal OR 1 small bowl fish curry</p> <p>Fats: 1 spn Ghee on Rice or Roti/Bhakri</p>	Bhakri or Phulka should not be more than palm size.
4.30 pm to 5:00pm	<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 Option 1 >>> Same shake like breakfast 3+ 2+1 Fiber (Initially have 2nd shake in the evening once you become comfortable you can switch the shake at dinner time)</p> <p>Option 2 >>> 1 fruit (medium sized) (crunchy or citrus; avoid pulpy fruits) You can make recipe Cut the apple in pieces. Take 1 katori dahi/yoghurt, add 3 spoons of formula1 + 1 spoon PP mix it well and then add apple pieces into curd eat it with a fork over period of time. Add chaat masala or Salt to it. Have Fruit 2 times a week as a snacks</p>	<p>You can have a cup of tea or coffee along with it. Strictly with out sugar</p>

Time	Foods	Note
	(NEVER MISS YOUR SNACK IF YOU DIDN'T GET TIME TO EAT HAVE AT LEAST A GLASS OF BUTTERMILK	
8:30 pm	<ul style="list-style-type: none"> • <u>Dinner: Start your meal with the salad (1 cucumber + 1 carrot)</u> • 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) + 1 tspGhee + 1 big bowl salad + 1glass thin Buttermilk. Option 2>>> 3 tbl spoon rice/ Half jawar bhakari + 1 wati daal / fish curry + Salad bowl + 1 small glass Buttermilk (Avoid Roti at night) Option 3>>> 2 small Ragi /2 small Moong chila + with sabji + sambar <p><u>****NOTE : Avoid eating outside food. And If you are eating out consult with me a day prior, prefer some protein options</u></p> <ul style="list-style-type: none"> • <u>As per weekly progress be consistent with 2 shakes + 1 meal + 1 protien snack to create proper calorie-Deficit & get the weekly 700grams to 1kg Results</u> 	Try to avoid wheat at night . Have early dinners.

- **9:00pm to next day 9:00am 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.**
- **Exercise : 1st 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 workouts as much possible daily**

• **Notes:**

- 1. Drink 3.5 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. 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 .**
6. 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.
7. 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)