

Meal Plan For: **Vaishali Pawar**

Start Date: 27-07-2023

Time	Foods	Note
On waking up	Start your day with a mug of Afresh	Mix 2 spoons Afresh is 250 ml of warm water
9:00am	Breakfast Shake: <ul style="list-style-type: none"> • Use 3 Spoons F1 (Flavour) +1 Spoons PPP + 1 Shakemate Spoon . • Blend with 300 ml Chilled Water • Add Ice while blending 	No other breakfast required
9.00 am to 1.00 pm	Mid-Morning: Be Well hydrated till Lunch (Finish 1 lt. water)	Flavour the water with mint leaves or a piece of lemon
1:00pm	Lunch: Start the meal with a bowl of Salad (1 cucumber + 1 tomato minimum) Carbs: 1 chapati or Half Bhakari OR 3 tbl spoon cooked white Rice (de-starched) + 1 small bowl/ Katori Sabzi (vegetable) Protein: 1 Small Bowl Daal OR 1 full Egg + 4 egg whites 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.
4.30 pm	Special tip: Finish 1 lit water bottle Between 4 pm to 8pm i.e.till dinner time Evening Snacks: Choose one option from below Option 1 >>>100 gm 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 & salt mix it well have it like a bhel (dont add any namkin item) make like Sabji / USAAL OR make a recipe LIKE sprouts Thalipith/ Green Moong Dosa. But have sprouts at least 3 times a week.	You can have a cup of tea or coffee along with it. Strictly with out sugar

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	<p>Option 2>>>1 whole egg (with yolk)+ 2 egg whites . you can have them either Boiled, Scrambled or make an Omelet with veggies (like Half onion, tomato, capsicum)</p> <p>Option 3>>> 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 2 spoons of formula 1 Strawberry 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>(NEVER MISS YOUR SNACK IF YOU DIDN'T GET TIME TO EAT HAVE AT LEAST A GLASS OF BUTTERMILK</p>	
<p>7 pm</p> <p>10.30 pm Dinner Shaek</p>	<ul style="list-style-type: none"> • <u>Dinner:</u> Start the meal with a bowl of Salad (i.e. for_eg: at least 1 cucumber +1 tomato) <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) + 1 tspGhee + 1 big bowl salad + 1glass thin Buttermilk.</p> <p>Option 2>>> 3 tbl spoon rice/ Half 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>>>> <u>You can have same shake like breakfast 3+1+1</u></p> <ul style="list-style-type: none"> • <u>As per weekly progress 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> 	<p>Try to avoid wheat at night . Have early dinners.</p>

- **8:00pm 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 once/ twice a week**
- **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. **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)