

Meal Plan For: **Nilesh Raskar**

Start Date: 18/10/2023

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 3 Spoons F1+ 2 Spoons PPP + 1 Spoon Shake mate. • Blend with 300 ml Water • Add Ice while blending 	No other breakfast required
9.00 am to 12.00 pm	Be Well hydrated till Lunch (Finish 1.5 lt. water) Note: Your day starts very early so you will feel hungry around 10am if feel hungry after 3 hours from shake in between you can have 1 glass buttermilk/ small katori PHUTANE	Flavour the water with mint leaves or a piece of lemon
12:00pm to 12.30pm	Lunch: Start the meal with a bowl of Salad (i.e. for eg: at least 1 cucumber +1 tomato) Carbs: 2 Pulka (6 inch) / 1 small Bhakri / 4 tbl spoon White rice(de-starched) + 1 bowl Sabji Protein: 1 full egg +4 eggwhites OR 1 Small Bowl Daal OR 3 pieces of chicken/ fish curry / kabab (If you are having non-veg kindly avoid veg sabji) Fats: 1 spn Ghee on Rice or Roti/Bhakri. (NOTE: Either you can have Rice in your meal or Roti or bhakari . Not both in 1 meal)	Bhakri or Phulka should not be more than palm size.
5.pm	(Special Tip to improve digestion: Finish 1.5 lit bottle between 5 to 8pm / till dinner time) Evening Snacks: Choose one option from below Option 1>>> 150 gm Sprouts soaked and steamed (Start with 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) OR make like Sabji / USAAL. Have at least thrice a week.	You can have a cup of tea or coffee along with it. Strictly without sugar

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	<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 2 spoons of formula 1 any flavour 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.</p> <p>Option 3>>> 1 whole egg (with yolk)+ 2 egg whites . you can have them either Boiled, Scrambled or make an Omelet with lots veggies ***Note: If you are in travelling / didnt get time to eat then have 1 glass (250 ml) thin butter milk or any citrus fruit like apple / pear / guava.</p>	
8:30 pm	<p>Dinner : <u>Same as lunch Avoid Roti at night</u></p> <p>Another options for dinner as below Start the meal with a bowl of Salad (i.e. for eg: at least 1 cucumber +1 tomato) 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 tsp Ghee + 1 big bowl salad + 1glass thin Buttermilk/ 1 bowl Curd</p> <p>Option 2>>> 3 tbl spoon rice/ 1 Small Bhakri + Chole / chicken curry / fish curry / any sabji + Big Salad bowl + 1 small glass Buttermilk(Avoid Roti) If you are having acidity issue Limit your NON-VEG intake at night have settle food.</p> <p>Option 3 >>> 2 Moong chilla / ragi chilla + sambar & chutney with some salad</p> <p>**NOTE:</p> <ul style="list-style-type: none"> • <u>Since you are looking for measurable results in this 4 weeks plan then I want you to follow proper Weightloss Plan after 7 days . Actual weight loss plan is 2 shakes +1 meal + 1 protein Snack as per given portion sizes & have lots of Salads for feeling of fullness to consistent Weightloss results we will discuss in detail on weekly follow up call.</u> <p>****NOTE : Avoid eating outside food at least 2 weeks . And If you are eating out consult</p>	<p>Try to avoid wheat at night . Have early dinners.</p>

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	with me a day prior, prefer some protein options i.e. example: 3-4 Small pieces of Grilled paneer/ chicken / fish + big bowl of soup (without cream)+ have lots of Salad	

- **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 after 3kg result 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/ whatever home workouts you are following right now. Complete 8000 steps throughout the day (As per your Weekly progress we will decide the workouts & share it through APP.)**
- **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. **Each Check Up day pls update your weight & progress pictures to me on my personal WhatsApp chat and inform me so that we will have follow up call. Please check your weight & click progress pics empty stomach once you visit wash room in the morning.**
 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 Pulp fruits like Banana, Mango, Chikku, Anjeer, Grapes etc.** Papaya, Watermelon, Muskmelon can be had once a week. (Cut pieces 1 cup loosely packed) .

