

Meal Plan For: **Vinay Deshmukh**

Start Date: 28-08-2023

| 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             | <p><b>Breakfast Shake:</b></p> <ul style="list-style-type: none"> <li>• Use 3 Spoons F1 (Flavour) +2 Spoons PPP + 1 Shakemate Spoon .</li> <li>• Blend with 300 ml Chilled Water</li> <li>• Add Ice while blending</li> </ul>  | No other breakfast required   |
| 9.00 am to 1.00 pm | <p>Mid-Morning:</p> <p>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:</p> <p>Start the meal with a bowl of Salad (1 cucumber + 1 tomato minimum)</p> <p><b>Carbs:</b> 2 small phulka or 1 small Bhakari OR 4 tbl spoon cooked white Rice (de-starched) + 1 small bowl/ Katori Sabzi (vegetable)</p> <p><b>Protein:</b>1 Small Bowl Daal <b>OR</b> sprouts Sabji 1 katori (once a week if possible)</p> <p><b>Fats:</b> 1 spn Ghee on Rice or Roti/Bhakri</p>   | Bhakri or Phulka should not be more than palm size.   |
| 4.30 pm            | <p><b>Special tip: Finish 1 lit water bottle Between 4 pm to 8pm i.e.till dinner time</b></p> <p><b>Evening Snacks: As we discussed on call you are comfortable with Snack time shake so I gave you these options.</b></p> <p><b>Choose one option from below</b></p> <p>Option 1 &gt;&gt;&gt; 150gms Tofu Burji / Salad</p> <p>Option 2&gt;&gt;&gt; 1 fruit (medium sized) ( crunchy or citrus; avoid pulpy fruits) <b>You can make recipe</b> Cut the apple in pieces. Take 1 katori dahi/yoghurt, add 3 spoons of formula 1 powder + 2 Spoon PP mix it well in the yoghurt and then add apple pieces into curd eat it with a fork over period of time. Add chaat masala or Salt to it. <b>Have Fruit 2 times a week as a snacks</b></p> | <p>You can have a cup of tea or coffee along with it.</p> <p><b>Strictly with out sugar</b></p> |

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|      | <p>Option 3&gt;&gt;&gt; Make a recipe LIKE 1 small size mixed dal ka dosa / 2 Small raggi chilla + chutney ( add lots of veggies like shredded carrots , finely chopped onions, leafy veggies palak / coriander)</p> <p>( NEVER MISS YOUR SNACK IF YOU DIDN'T GET TIME TO EAT HAVE AT LEAST A GLASS OF BUTTERMILK</p>   |  |
| 8pm  | <p>Dinner: Daily Have Shake 3 Spoons of F1 + 2 Spoons of PP + 1 spoon Of shake mate <u>from Moday to Saturday religiously</u></p> <ul style="list-style-type: none"> <li>• <u>Since you want to lose weight ideally we need to Follow 2 shakes +1 meal + 1 protein Snack as per given portion sizes &amp; have lots of Salads for feeling of fullness to consistent Weightloss results.</u></li> </ul> <p>****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+ big bowl of soup (without cream )+ have lots of Salad but have your 2nd shake at snack time &amp; then enjoy cheat meal at dinner time</p> <p><u>NOTE: YOU CAN SWITCH MEALS but try to stick to given food options ( if you are having shake at dinner time then must have something protein rich options as I have mentioned in the dinner caulome lesser carbs lots of veggies + protein )</u></p> | <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 : 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 10000 steps throughout the day (As per your Weekly progress we will decide the workouts.) **Do join our Morning workouts & Ashish will share you gym workout schedule that you can follow 3 times 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. **Every Saturday kindly record your weight (Stand on the scale & click a photo), progress pictures & update in the LET'S TRANSFORM APP 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)