

Meal Plan For: **Sarika 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	Breakfast Shake: <ul style="list-style-type: none"> • Use 3 Spoons F1 (Flavour) +2 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: 1.5 small phulka or Half Bhakari OR 3 tbl spoon cooked white Rice (de-starched) + 1 small bowl/ Katori Sabzi (vegetable) Protein: 1 Small Bowl Daal OR sprouts Sabji 1 katori 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: As we discussed on call you are comfortable with Snack time shake so I gave you these options. Choose one option from below Option 1 >>> Have Shake Same like breakfast shake 3spoons of formula + 2 Spoons PPP+ 1 Spoon Shakemate in 300 ml chilled water. 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 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	You can have a cup of tea or coffee along with it. Strictly with out sugar

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	<p>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>	
7.30 pm to 8pm	<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.3 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>>> 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</p> <p>Option 3>>> Make a recipe LIKE 1 small size sprouts Thalipith + curd / 2 Small Green Moong Dosa.</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 : 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, try to follow yoga sessions, pilates and standing cardio sessions avoid workouts which are related to your back pain issues**
- **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)