

Meal Plan For: **Ankita D**

Start Date: 22-09-2023

Time	Foods	Note
After waking up	Start your day with a mug of Afresh	Mix 2 small spoons Afresh is 250 ml of warm water
9:30am	<p>Breakfast Shake:</p> <ul style="list-style-type: none"> • Use 3 Spoons F1 (Flavour) + 2 Spoons PPP + 1 spoon shake mate • Blend with 300 ml Chilled Water (NO milk) • Add 2-3 Ice cubes while blending <p>(NOTE try this 3+2+1 combination 3 days if you are feeling hungry immediately then add 1 more Spoon PPP)</p>	No other breakfast required
9.30 am to 1.00 pm	<p>Mid-Morning:</p> <p>Be Well hydrated till Lunch (Finish 1.5 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>Carbs: 4 tbl spoon cooked white Rice (de-starched) OR 2 wheat phulka OR 1 small Raggi bhakari (Jawar / bajara is also fine) OR 3 tble spoon Quinoa + 1 small Katori Sabzi (vegetable)</p> <p>Protein: 1 full Egg + 4 egg whites OR 1 Small Bowl Daal OR 1 bowl Sprouts sabji</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>Imp 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</p> <ul style="list-style-type: none"> • 100gm 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 	You can have a cup of tea or coffee along with it. Strictly with out sugar

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	<p>& salt mix it well have it like a bhel (dont add any namkin item) OR make like Sabji / USAAL</p> <ul style="list-style-type: none"> • Option 2>>>1 whole egg (with yolk)+ 2 egg whites . you can have them either Boiled, Scrambled or make an Omelet with 75 grams veggies • Option 3>>>•1 fruit (medium sized) (crunchy or citrus; avoid pulpy fruits) . Take 1/2 cup dahi/yoghurt add 1 spoons of F1 powder (to make flavored yogurt) then add cut pieces of any small fruit and eat it with a fork over period of time. Add chaat masala or Salt to it. <p>Option 4>>> Roasted Makhana Recipe (have 1 bowl only)(Plz refer my insta page / ask me for the link)</p>	
8:30 pm	<ul style="list-style-type: none"> • <u>Dinner: Start the meal with a bowl of Salad (i.e. for_eg: at least 1 cucumber +1 tomato)</u> <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) OR 4 serving Dalia with lots of veggies + 1 tspGhee + 1 big bowl salad + 1glass thin Buttermilk.</p> <p>Option 2>>> 4 tbl spoon rice/ 1 small Bhakari + 2 eggs curry/ Bhurji + Big Salad bowl + 1 small glass Buttermilk (Avoid Roti at night)</p> <p>Option 3>>> 2 Green moong chilla / 2 Oats Chilla +sambar + sabji + chutney</p> <p><u>Specifically on weekend if you are eating out in lunch You can have same shake like breakfast as dinner. Also if the dinner options are not as per plan u can have same shake as a dinner. You have 4 weeks morning shakes + 12 night Shake as per the current product kit)</u></p> <p><u>****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/Chicken Kabab/Fish Kabab + big bowl of soup (without cream)+ have lots of salad</u></p>	<p>Try to avoid wheat at night . Have early dinners.</p>

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	<ul style="list-style-type: none"> • <u>From 3rd week we will start optimized plan i.e as per your hunger we need to replace dinner with the shake to create proper calorie-Deficit i.e. 2 shakes +1 meal + 1 protien snack to get the weekly 1kg Results</u> 	

- **9:30pm to next day 9:30am 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 30 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 live workouts as much possible from the month of October.**

- **Notes:**

1. **Drink 4 litres of water throughout the day. Begin each meal with a glass of water.**
2. If you feel hungry between meals, have a glass of thin buttermilk anytime in the day.
3. **Strictly No to sugar, Gud, sweets, bakery items like breads and biscuits till you achieve your 1st Weight loss milestone .**
4. **Avoid Alcohol Strictly.**
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. 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)

