

Meal Plan For: **Debhora Dsouza**

Start Date: 18<sup>th</sup> Oct 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
9:30am	<b>Breakfast Shake:</b> <ul style="list-style-type: none"> <li>• Use 3 Spoons F1 (Flavour) + 2 Spoons PPP</li> <li>• Blend with 125 ml cow milk + 125 ml Water</li> <li>• Add Ice while blending</li> </ul>	No other breakfast required
9.30 am to 1.00 pm	<b>Be Well hydrated till Lunch (Finish 1.5 lt. water)</b>  Note: If you feel hungry 3 hrs of shake you can have buttermilk/ small quantity PHUTANE	Flavour the water with mint leaves or a piece of lemon
1:00pm	<b>Lunch: Start the meal with a bowl of Salad (i.e. for eg: at least 1 cucumber +1 tomato )</b> <b>Carbs:</b> 3 tbl spoon White rice(de-starched) <b>OR</b> 1 Wheat Chapati <b>OR</b> 1 small Ragi (or any) Bhakri + 1 bowl Sabji  <b>Protein:</b> 3 pieces chicken/ fish with curry <b>OR</b> 1 full egg + 4 egg whites <b>OR</b> Big bowl of Daal ( <b>NOTE :if</b> you are having chicken then don't have vegetables just have a big portion of salad)  <b>Fats:</b> 1 spn Ghee on Rice or Roti/Bhakri  <b>(NOTE: Do not have rice &amp; chapati together Either you can have Rice OR Roti OR bhakari in lunch &amp; dinner .)</b>	Bhakri or Phulka should not be more than palm size.
4:00pm	Evening Snacks: Choose one option from below Option 1>>>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 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.  Option 2>>>100 gm Sprouts soaked and steamed (Start with small volume sprouts like Green moong, masoor, matki) Boiled the sprouts	You can have a cup of tea or coffee along with it. <b>Strictly without sugar</b>

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	<p>for 12-10 mins in lots of water in open vassal add some salt , hing&amp; 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 &amp; salt mix it well have it like a bhel ( dont add any namkin item) OR make like Sabji / USAAL</p> <p><b>Option 3&gt;&gt;&gt;</b> 2 Small Moong Chilla / Raggi Chila + 1 samll bowl sabji + 1 bowl sambar)</p> <p>***Note: If you are in travelling / didnt get time to eat then have 1 glass (250 ml) thin butter milk with Sabja or chia seeds</p>	
7:30 pm	<p>• <b><u>Dinner</u> : same as Lunch</b></p> <p><b>Or have below options Start the meal with a bowl of Salad (i.e. for eg: at least 1 cucumber +1 tomato )</b></p> <p><b>Option 1&gt;&gt;&gt;</b> 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 tsp Ghee + 1 big bowl salad + 1glass thin Buttermilk/ curd</p> <p><b>Option 2&gt;&gt;&gt;</b> 3 tbl spoon rice / 3 Tbl spoons Quinoa + Chicken curry /Sprouts Sabji / any sabji + Big Salad bowl + 1 small glass Buttermilk (NO Roti )</p> <p>****NOTE : Avoid eating outside food. And If you have to then kindly consult with me. prefer some protein options i.e. example: Grilled Paneer starter option +soup (NO cream) + lots of salad</p> <p><b><u>Since you are weightloss program Follow proper Weightloss Plan from 3<sup>rd</sup> week i.e. 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></b></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 after 2 weeks result 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/ whatever home workouts you are following right now. Daily check your steps and try to cover 8000 steps throughout the day (As per your Weekly progress we will decide the workouts.) **Do join our Morning live workouts from 3<sup>rd</sup> week till the period just complete Steps and I will share you few body weight exercise videos**
- **Notes:**
  1. Drink 3.5 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 pls update your weight photo with weigh-in scale & progress pictures in on personal Chat with me and inform me so that we will have follow up call. Please send me WhatsApp msg in the morning on Check up day .**
  6. Cook rice in excess water and then strain the water away to make it de-starched.
  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) .