

Meal Plan For: **Girish Sir**

Start Date: 03 Dec 2023

| Time | Foods | Note |
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| On waking up | Start your day with a mug of Afresh | Mix 2 spoons Afresh is 250 ml of warm water |
| 9:00am | <p>Breakfast Shake:</p> <ul style="list-style-type: none"> • Use 3 Spoons F1 (Flavour) + 1 Spoons PPP + 1 Spoon Shake mate • Blend with 300ml Chilled water/ • Add Ice while blending | No other breakfast required |
| 9.00 am to 1.00 pm | <p>Be Well hydrated till Lunch (Finish 1.5 lt. water)</p> <p>Note: If you feel hungry 3 hrs of shake you can have buttermilk/ small quantity PHUTANE</p> | Flavour the water with mint leaves or a piece of lemon |
| 1:00pm | <p>Lunch: Start the meal with a bowl of Salad (i.e. for eg: at least 1 cucumber +1 tomato)</p> <p>Carbs: 1.5 Chapati OR 1 small Ragi (or any) Bhakri OR 3 tbl spoon White rice(de-starched) OR + 1 bowl Sabji</p> <p>Protein: 1 full egg + 4 egg whites OR Big bowl of Daal OR Sprouts sabji</p> <p>(NOTE :if you are having Paneer then don't have vegetables just have a big portion of salad + Chapati & paneer sabji)</p> <p>Fats: 1 spn Ghee on Rice or Roti/Bhakri</p> <p>(NOTE: Do not have rice & chapati together Either you can have Rice OR Roti OR bhakari in lunch & dinner .)</p> | Bhakri or Phulka should not be more than palm size. |
| 4:00pm | <p>Evening Snacks: Choose one option from below Option 1>>>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 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.</p> | You can have a cup of tea or coffee along with it. Strictly without sugar |

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| | <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) OR make like Sabji / USAAL</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</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 OR any citrus fruit (apple/orange / Pare / guava)</p> | |
| <p>Between 7:30 pm to 8pm</p> | <ul style="list-style-type: none"> • <u>Dinner</u> : same as Lunch <p>Or have below options Start the meal with a bowl of Salad (i.e. for eg: at least 1 cucumber +1 tomato)</p> <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 tsp Ghee + 1 big bowl salad + 1glass thin Buttermilk/ curd</p> <p>Option 2>>> 3 tbl spoon rice / 3/4th Bhakari + rajama/ chole / Sprouts Sabji / any sabji + Big Salad bowl + 1 small glass Buttermilk (NO Roti)</p> <p>***NOTE: Since you are weightloss program 1st week is Cleasing week and kindly Follow proper Weightloss Plan from 2nd week you kindly try have 2nd shake as a replacement of dinner</p> <p><u>i.e. brekfsat shake +1 wholesome meal at lunch + 1 protein Snack + again Dinner time same shake & have lots of Salads for feeling of fullness to consistent Weightloss results.</u></p> | <p>Try to avoid wheat at night . Have early dinners.</p> |

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| | Avoid Outside dinners , and if it is mandatory kindly consult so that I will help you to manage your all other 3 meals .Just stay focus for next 3 weeks. 😊 | |

- **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 : 1st week Just follow 40 mins Brisk Walking/ whatever home workouts you are following right now. Daily check your steps and try to cover 8000 to 10000 steps throughout the day (As per your Weekly progress we will decide the workouts.) Do join our Morning live workouts twice a week/ try to do recored workouts on Monday, Wednesday & Friday.**
- **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. **Avoid sweets, bakery items like breads and biscuits. Avoid deep fried or heavy gravy based items.**
 4. **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 .**
 5. Crunchy fruits are Apple, Pear, Guava, Plums or Berries etc. **Avoid Pulpny fruits like Banana, Mango, Chikku, Anjeer, Grapes etc.** Papaya, Watermelon, Muskmelon can be had once a week. (Cut pieces 1 cup loosely packed) .

