

Meal Plan For: **Tamanna Sharma**

Start Date: 16/12/2023

Time	Foods	Note
On waking up	Eat 5 to 6 Overnight Soaked Almonds	
8 to 8:30am	Breakfast Shake: <ul style="list-style-type: none"> • Use 3 Spoons F1 (Flavor) + 1 Spoons PPP + 1 Spoon Shakemate + 300ml Chilled water • Add Ice while blending (Optional) 	No other breakfast required
11 to 11:30pm	1 Fruit (Apple / Pears / Gauva) + 1spoon Afresh in 1cup hot water (Be Well hydrated till Lunch (Finish 1.5 lt. water)	
1 to 1:30pm	Lunch: Start the meal with a bowl of Salad 1 Ragi Bhakri/ 2 Wheat Phulka + 1 Bowl Sabji + 1 Bowl Daal (Add 2 spoons Cow Ghee Roti/Bhakri)	Bhakri or Phulka should not be more than palm size.
4 to 4:30pm	100gms Sprouts soaked and Steamed. + 1spoon Afresh in 1cup hot water	
8 to 8:30pm	Dinner: Start the meal with a bowl of Salad • <u>Dinner can be exactly the same as Lunch</u> OR • 1 Veg paratha / paneer Paratha • 1 bowl moong dal khichadi (more dal less rice) • 1 Moong Chila with Sambar + Sabzi	Have early dinners.

- **8:00pm to next day 8:00am noon will be your fasting window. Do not have anything except water or almonds.**
- **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.**

- **Notes:**

1. Drink 3 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. Avoid alcohol since it has empty calories (it will now allow you to lose weight)
6. Exercise as per the workout Videos Provided. Other than the exercise, you should walk for 6-7K steps everyday.
7. On your Check Up day we will record your weight, progress pictures and having an update call. Please update your states on App.
8. Cook rice in excess water and then strain the water away to make it de-starched.
9. 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.
10. 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)