

MEAL PLAN

Meal 1 – Breakfast

- 2 Brown bread / 40g Poha/ 40g Upma/ 40g any Carb Source
- 1 Cheese Slice
- 1 tsp oil/ghee for cooking
- 150ml milk tea (use sugarfree)

Meal 2 – Lunch

- 1 Roti / 30g Rice / 30g Any carb Source
- 1 cup home cooked Sabzi/Dal (Only 1 of Choice)
- 100g homemade paneer / 40g soya / 100g Any protein Source
- Salad
- 1 tsp oil/ghee for cooking

Meal 3 – Evening Tea

- 1 scoop whey protein with 150 ml milk
- 10 Almonds

Meal 4 – Dinner

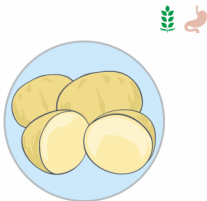
- 1 Roti / 30g Rice / 30g Any carb Source
- 1 cup home cooked Sabzi/Dal (Only 1 of Choice)
- 100g homemade paneer / 40g soya / 100g Any protein Source
- Salad



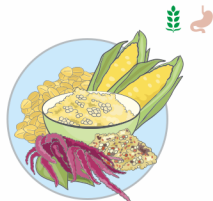
Twice the lean.

SUBSTITUTION GUIDE

Carbohydrates substitutes as per 100g



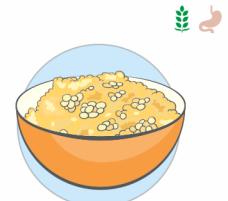
White potatoes
(500g)



Grains
(Jawar, Bajra, etc)



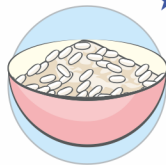
Gram flour



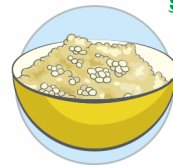
Millet



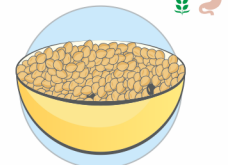
Wheat flour



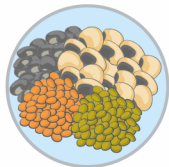
White & Brown rice



Quinoa



Barley



Dal's
(40g)



Oats



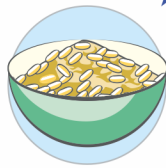
Brown Bread 5 pieces
(30g per peice)



Arbi



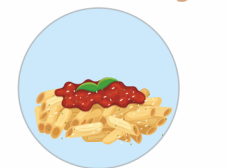
Sooji



Poha



Breakfast Cereal



Whole wheat
pasta



Upma



Sweet potatoes
(500g)



Beans
(40g)



Whole wheat
noodles

= Use Less

= Whole Source

= High Satiety

= Least Preferred

Focus on whole, minimally processed sources of carbohydrates that pack lots of nutrition and fiber.



Twice the lean.

SUBSTITUTION GUIDE

Protein substitutes as per 100g



Tempeh/Tofu



Protein powders
(30g)



Low Fat
homemade Paneer



Tofu



Plain Greek
yogurt (200g)



Soyabean
(40g)



Low fat Milk
(500ml)



(40g)

Dal's and Beans

These are protein for plant-based eaters and vegetarians, otherwise, they're considered sources of carbohydrates.

Fats Substitutes



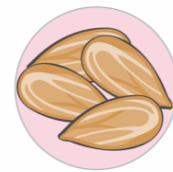
Walnuts



Coconut & Olive Oil



Nut butters



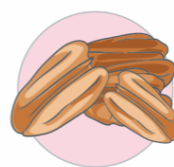
Almonds



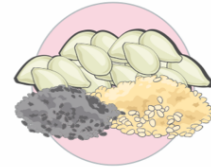
Butter



Ghee



Pecans



Seeds (chia, flax, etc)



Cashews



Trail mix



Cheese



Hazelnut



Orange 2X



Strawberries 3X



Papaya 2X



Bananas 1X



Kiwi 1.5X



Apples 2X



Watermelon 3X



Mango 1.5X



Cherries 1.5X



Berries 2X

Fruits
For every 100g you will consume

**My
recommended
Fruits and
Vegetables**



Cabbage



Mushrooms



Cauliflower



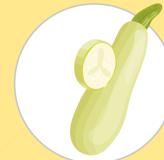
Onions



Broccoli



Bell Pepper



Bottle Gourd



Okra/ Bhindi

Vegetables



Spinach



Tomato



Zucchini

Greens



Chinese cabbage



Iceberg lettuce



Green beans



Celery



Cabbage



Broccoli



Romaine lettuce



Cucumbers



Kale



Brussels sprouts



Snap peas



Asparagus



Green peppers



Collards



Spinach



Arugula