

## *Sample Meal Plan*

DATE: 01/11/2021

Age XX years	Start Weight XX kgs	Start Waist XX inches	Short-term Goal 30 days 1 in. lesser
Height XXX cms	Current Weight XX kgs	Current Waist XX inches	Long-term Goal XX kgs XX in. around naval

### Principles to Follow:

- ▶ Maintain Calorie Deficit, consume 1450 cal. a day
  - ▶ 10000 steps daily
  - ▶ Daily water intake 4 litre

*We will consume 1450 calories till we reach XX kgs.*

### Progress Chart:

Date	Weight	Target Weight by next week	Waist	Note / Tips
01/11/2021	kgs	kgs		

## Nutrition Schedule (1450 cals): Non Vegetarian Diet

Time	Option 1 (3 days in the week)	Option2 (2 Days in the week)	Option 3 (1 Day in the week)	Option 4 (1 Day in the week)	Calories
8.00 am	1 cup black coffee				0 Calorie
10.30 am	1 cup <a href="#">masala oats</a> (avoid cashews)	Scrambled egg (4 egg whites)	3/4 cup <a href="#">Poha</a>	1 <a href="#">French Toast</a> (use low fat milk & avoid butter)	200 Calories approx.
2.00 pm	<a href="#">Carrot &amp; beans Sabji</a> 150g <a href="#">Dal</a> 1 cup (avoid Ghee) Rice 1 cup Greek yoghurt 1/4 cup	Salad 1 bowl <a href="#">Chicken Keema</a> 160g Roti 3 medium size	Cooked veggies 1 bowl <a href="#">Masala Dosa</a> 1 medium size <a href="#">Sambar</a> 1 cup <a href="#">Broccoli chutney</a> 3/4 katori	Side veggies 1 big bowl McSpicy Chicken Burger with 1 slice of cheese (McDonalds)	650 cals. Approx.
5.30 Pm	1 bowl watermelon and papaya	1/2 bowl of dry bhel	1 bowl of homemade popcorn	20g makhana roasted	100 cals. Approx.
9.00 Pm	Salad 1 bowl <a href="#">Egg bhurji</a> (2 eggs) Roti 2 medium size	Salad 1 bowl <a href="#">Dahi Kadi</a> 1 cup (use greek yoghurt) with 2 <a href="#">onion pakodas</a> in it. Brown Rice 1 cup	Salad 1 bowl <a href="#">Chicken Biryani</a> (130g chicken & 1 cup brown rice, use Greek yoghurt) <a href="#">Raita</a> 1/4 cup	Salad 1 bowl <a href="#">Paneer saag</a> 150g Roti 2 medium size	500 Calories Approx

\*SOS –

Whenever you feel hungry you will have only 0 calorie drinks.

{Lime water with stevia, green tea}

Remember

**10k steps every day.**

**Find smaller reasons to smile.**



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You can drink

- Water
- Sparkling water
- Chicken clear soup without the pieces, whenever you're hungry.

**AVOID / ALLERGY/ FOOD SENSITIVITY**