

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 1400 cal. a day
 - ▶ 10000 steps daily
 - ▶ Daily water intake 4 litre

We will consume 1400 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 (1400 cals): 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 Turmeric kadha				0 Calorie
10.00 am	1 cup black coffee				0 Calorie
10.30 am	1 cup Poha	1 cup masala oats (avoid cashews)	Basen chillas 2 medium size	2 idli & 1/4 cup sambhar	200 Calories approx.
2.00 pm	Carrot & beans Sabji 170g Dal 3/4 cup (avoid Ghee) Rice 1 cup	Salad 1 bowl Dahi Kadi 1 cup (use greek yoghurt) with 4 onion pakodas in it. Rice 1 cup	Sauteed veggies 1 bowl Chawli curry 160g Rice 1 cup	Side veggies 1 bowl McAloo tikki Burger with 1 slice of cheese.	600 cals. Approx.
SUPP	Omega 3, Vit E & Vit C				
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 Paneer curry 150g (use low fat paneer and Greek yoghurt) Brown rice 1 cup	Grilled veggies 1 bowl Vegetable pulao (1 cup brown rice) Soya tikki 100g	Cooked veggies 1 bowl Sada Dosa 1 medium size Sambar 1 cup Broccoli chutney 1 katori	Salad 1 bowl Tofu Biryani (120g tofu & 1 cup brown rice)	500 Calories Approx
9.30 pm	1 cup chamomile tea				

*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.

You can drink

- Water
- Sparkling water
- Veg clear soup without the pieces, whenever you're hungry.
- AVOID / ALLERGY/ FOOD SENSITIVITY: