

Meal plan

Morning Drink's (just after bed)

Alternative option

- Vegetable juice 😊 + 1 tsp coriander seed with hot water
/ OR
- Coconut water
/or
- Hot water with ½ tsp of turmeric 😊
/or
- ½ hot water Aloe vera juice
/or
- Ash gourd juice 😊
- Beetroot juice 🍷 (every 15 days)

✚ **BRAHMA RASAYANA / Chyawanprash (1 tsp)**

✚ **After 1.5 - 2 hours doesn't take anything**

✚ **30 to 45 min Cardio**

Breakfast	Option - 1	Vegetable Curry & 2 chapati Full plate of salad with coriander	
	Option - 2	<ul style="list-style-type: none"> • 28g Walnuts • 1cup Indian Tea [5g Stevia] with 3 chapati • 1 Pear (after meal) 	<p>ALTERNATES /: 28g Almonds/Cashews /:1cup grapes /: 1 cup Green or Herbal Tea</p>

Meal 2 😊	Option - 1	Salad of vegetable 1 Bowl Home Made Tomato Soup (non- spicy)	Salad Cucumber, Tomato, Onion , veg..etc
	Option - 2	<ul style="list-style-type: none"> • ½ cup cooked Brown Rice • Lentil/Beans • 1cup Low fat Yogurt (Curd) <div style="border: 1px solid black; padding: 2px; margin-top: 5px; width: fit-content;"> Tips- Don't overeat 😊 </div>	<p>MAIN INGREDIENT : Selenium : Zinc</p>

Meal 3	Option - 1	2cup Fruit's <i>(max 3type of fruits)</i> <ul style="list-style-type: none"> • 1 Teaspoon of flaxseed (as a laddu) 	
	Option -2	<ul style="list-style-type: none"> • ½ Apple • 10 Almonds 	MAIN INGREDIENT : Selenium : Zinc : Iodine

Meal 4	Option - 1	<ul style="list-style-type: none"> • 20 g paneer (plain/rosted) Garlishing-a pinch of black pepper 	
	Option -2	<ul style="list-style-type: none"> • ½ cup Black grapes • 1 Orange 	ALTERNATES : 1cup Pomegranate

Dinner	Option - 1	Sprouts salad Sprouts --Chana+ green Mung + peanut + kidney beans Roasted chana + peanut Spices - everest chat masala + coriander leaves + LB* paneer pieces Green vegetable	Quantity – 2cup of whole salad Cooking Tips – Always try to make tasty & new taste And do not make any changes in it except the spices.
	Option -2	<ul style="list-style-type: none"> • 200ml Milk with 10 almonds • handful of Roasted Chickpeas • 10g roasted paneer <i>Garnishing</i> – black pepper powder , black salt LB*	ALTERNATES <ul style="list-style-type: none"> • 1big bowl Pomegranate • 15g roasted paneer

Study time – 2-3max black coffee, Multi vitamins ,

(any time of day)

WARNING- If you think you are full then you are on the wrong track

- Your heart beats faster. ... In turn, the need for more oxygen leads to increased breathing and heart rate. And such a **form** of activity is called **cardio** exercise

***Notes:** Cardio is a very important aspect of your workout routine. As it burns fat at an extremely high level, It is vital to always keep your body on its' toes as it responds at a higher rate this way.*

Conclusion: This is not an easy , but it will definitely transform you physique if you stick it with. The key is to ask yourself if having a great body is worth it to you. In fact in my mind part of getting something knows what you will have to give up to get it. If you decide to follow my program then you feel that showing off at the swimming pool ,cycling or any cardio (Exercise) is far better than missing a workout

And Good Luck.