

CULT TRANSFORM MEAL PLAN



Mohammed Idris
29 yrs • Male • 185cm

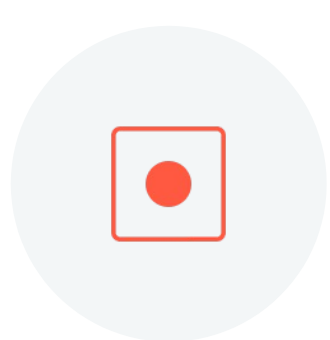
90 KG
CURRENT WEIGHT

80 KG
TARGET WEIGHT

YOUR PREFERENCES



North Indian



Non Veg

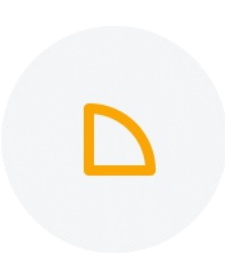


Lose Weight

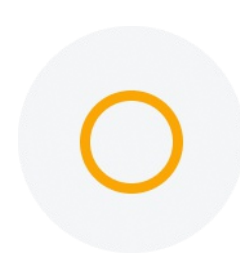
FOR YOUR EASE OF MEASUREMENT



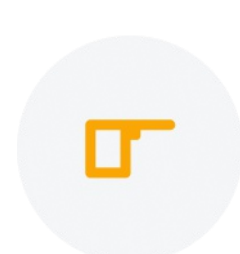
Katori
150 ml volume



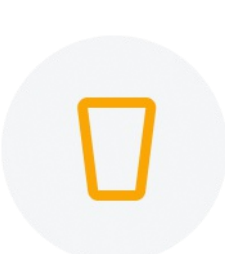
Piece
<20g in weight



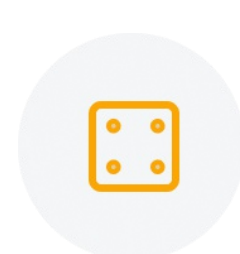
Cult Plate
9 inch in diameter



Scoop
30 gm weight



Glass / Cup
150 ml



Kitchen Scale
Portable



Protein



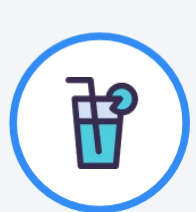
Carbs



Fats



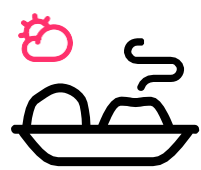
Vegetables























Beverages

ABOUT THE PLAN

This plan is designed with 7 meal options under each meal. You can choose to cook any of that option that's suitable for you. You just have to remember to balance the meal option with the right combinations mentioned. For more information do not hesitate to reach out to me!



BREAKFAST (MEAL 1)


- ① 1  yoghurt chia pudding | 1  fruits in pudding |
10g  Chia seeds |
- ② 2  spinach bell pepper egg omelet |
2  veggies in omlette (tomato, onion, carrot, capsicum) |
2  Bread toast |
- ③ 1  Scrambled Egg White |
2  vegetables in scrambled eggs |
- ④ 1  Overnight oats | 1  curd for oats |
1  mixed fruits in oats |
- ⑤ 1  mixed sprouts salad | 2  veggies in salad |
- ⑥ 2  Besan chilla | 1  veggies in chilla |
1/2  Green Chutney | 1/2  Cucumber onion salad |
- ⑦ 2  Chicken Sandwich | 1  chicken in sandwich |
2  veggies in sandwich |

YOUR 7-DAY MEAL PLAN




SNACK 1


- ①

10g 


mixed seeds(pumpkin+sunflower+watermelon+sesame+chiaseeds)
- ②

1 


Pear
- ③

1 


Guava
- ④

1 


Tender coconut water

15g 


coconut flesh
- ⑤

1 

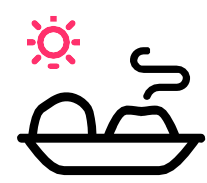
Buttermilk
- ⑥

10g 

Mix seeds (unsalted)
- ⑦

1 

Guava



LUNCH (MEAL 2)

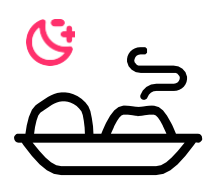
- ① 2 🍲 Whole wheat flour roti | 1 🍲 Chicken curry |
2 🍲 Grilled onion capsicum salad |
- ② 1 🍲 Grilled fish | 1 🍲 Mix veg khorma |
1 🍲 asian cucumber salad | 1 🍲 Cooked brown rice |
- ③ 1 🍲 thai green chicken curry | 1 🍲 Stir fried Cauliflower |
1 🍲 cucumber mint salad | 1 🍲 Steam rice |
- ④ 1 🍲 Pulao | 1 🍲 Mix veg raita |
1 🍲 Mushroom in pulao | 1 🍲 veggies in pulao |
- ⑤ 1 🍲 veg fried rice | 2 🍲 veggies in rice bowl |
1 🍲 Masala egg Curry |
- ⑥ 1 🍲 Jeera rice | 1 🍲 mixed dal tadka |
1 🍲 Stir fried Cauliflower |
1 🍲 Cucumber Kachumber Salad |
- ⑦ 1 🍲 Tawa chicken | 1 🍲 Bhindi sabji |
1 🍲 Cucumber ginger fennel salad | 2 🍲 Roti/chapathi |

YOUR 7-DAY MEAL PLAN



SNACK 2

- ① 1 🍽️ Pomegranete
- ② 20g 📦 Roasted Makhana
- ③ 1 🍽️ Greek yoghurt
- ④ 15g 📦 Roasted Peanuts(unsalted)
- ⑤ 1 🍽️ Roasted Chana
- ⑥ 1 🍽️ Sprouts Bhel
- ⑦ 1 🥛 sattu drink



DINNER (MEAL 3)

- ① 1  Tawa chicken | 2  Mix Veg Salad |
- ② 1  peri peri chicken salad | 2  veggies in salad |
- ③ 1  Peri peri paneer salad | 2  veggies in salad |
- ④ 1  lentil tofu soup | 2  Roasted Veg Salad |
- ⑤ 1 Rajma masala | 1  Bharwa bhindi sabji |
1  Grilled onion capsicum salad |
- ⑥ 1  Mushroom galouti | 1  Snake gourd Sabzi |
1  Carrot Cucumber salad |
- ⑦ 2  beetroot lobia chilla |
1  grated carrot, beetroot in chilla batter |
15g  Tomato Garlic Chutney | 1  stir fried ladies finger |

DO'S & DON'TS

✓ DO'S

- ✓ Start your day with detox water
- ✓ Include 1 portion of protein and 2 portions of fibre in each of your major meals

Attaching some recipes from the meal plan for your reference :

<https://cure.app.link/nJVGx0emub>, <https://cure.app.link/hLh8wpqFqub>,

<https://www.cult.fit/live/recipe/jeera-rice/RECIPE343>,

<https://www.cult.fit/live/recipe/overnight-oats-with-berries-peanut-butter-and-seeds/RECIPE436>, <https://www.cult.fit/live/recipe/cucumber-kachumber-salad/RECIPE209>, <https://www.cult.fit/live/recipe/masala-egg-curry/RECIPE414>

~~✗~~ DON'TS

- ✗ Avoid packed, processed, deep fried, sugary food and beverages

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