

# DanceWithDeepti - 7 WEEK CHALLENGE

## HIGH PROTEIN + MED CARB + MICRONUTRIENT BASED MEAL PLAN

**DIET PLAN FOR AVERAGE HEALTHY PERSON with 12 hour Intermittent Fasting Window**  
(e.g. 7pm to 7am fasting window)

### **DISCIPLINE**

<b>FASTING WINDOW</b>	7PM - 7AM - Can only drink plain water <b>Don't drink or eat anything else</b> (including any tea/coffee/flavored water/ seed water)
<b>EATING WINDOW</b>	<b>Eat well and eat in balance</b> Spread protein intake throughout the day No Drinking Milk in the night

### **SPECIAL FOCUS**



✓ 8 Glasses Water



✓ Healthy Snacks



✓ Dont miss meals

**\*All measurements are explained in the end**

<b>Eating Time</b>	<b>Available Combos</b>
<b>7am - breaking the fast</b>	1 cup warm CCF Tea (Cumin, Coriander, Fennel) - Recipe in the end Plus Soaked : 5 almonds
<b>8am - Breakfast</b>	1 Paneer paratha/Palak paratha + curd 2 medium Idlis + Sambar 1 cup Oats soaked with nuts + organic milk/almond milk 1 whole Egg with whole wheat bread ½ cup Paneer bhurji + 2 medium rotis  1 small cup tea/coffee (along with breakfast- if you like to drink)

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<b>10.30am - Mid Meal</b>	<p>Any Seasonal Fruit Coconut Water</p> <p><b>7 week Tip - Don't miss this !!</b></p>
<b>12.30/1 - Lunch</b>	<p>Rice or roti (6 Tablespoon or 1 Millet Paratha) 1 cup Daal or Chole 1 cup Vegetables + ½ cup Salad Add ½ tsp of ghee for healthy fat</p> <p><b>7 week Tip - you can add buttermilk or ½ cup curd on side</b></p>
<b>4pm - Evening-Mid Meal</b> (Good for pre/post workouts)	<p>1 Moong Daal Cheela Or any option mentioned in breakfast 1 small cup tea/coffee (along with breakfast- if you are like to drink)</p> <p><b>7 week Tip - Eat well during eating window</b></p>
<b>6.30pm - Dinner</b>	<p>½ cup high protein option from lunch (like daal, beans) + ½ cup vegetables along with 1 roti or whole wheat bread OR 1 Cup Daliya-Moong Daal Khichdi OR 1 Cup Rice-Moong Daal Khichdi</p> <p>Add ½ tsp of ghee for healthy fat</p> <p><b>7 week Tip -</b> Don't make this a snack because we have a 12 hour fasting window Early dinner is MOST important</p>
<b>7pm - 7am</b>	Only plain water as needed

### What can we eat post workout?

If its mid meal time then choose the below snacks, otherwise you can eat your breakfast/lunch or dinner

<b>Post Workout Drink</b>	<p>1 Glass Sattu drink (Roasted gram powder mixed with water or curd) 1 Glass Apple/Beetroot juice</p>
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### Measurement Pics (1 Cup, ½ Cup, Standard Glass Sizes)



### Balanced Plate (SAMPLE)



### How to make CCF Tea?

Water – 200ml

Cumin seeds – 1 tsp (Jeera)

Coriander seeds – 1 tsp (Dhaniya)

Fennel seeds – 1 tsp (Saunf)

**Method:** Add all seeds to the water and let it boil for about 6-8 mins. Let it cool down a bit, strain and consume this lukewarm