

DanceWithDeepti - 7 WEEK CHALLENGE

HIGH PROTEIN + MED CARB + MICRONUTRIENT BASED MEAL PLAN

DIET PLAN FOR AVERAGE HEALTHY PERSON with 13 hour Intermittent Fasting Window
(e.g. 7pm to 8am fasting window)

DISCIPLINE - 13 HOURS FASTING

FASTING WINDOW	7PM - 8AM - Can only drink plain water Don't drink or eat anything else (including any tea/coffee/flavored water/ seed water)
EATING WINDOW	Eat well and eat in balance Spread protein intake throughout the day No Drinking Milk in the night

SPECIAL FOCUS



✓ Regular workouts



✓ Deep Sleep



✓ Low Stress

*All measurements are explained in the end

Eating Time	Available Combos
7am - breaking the fast	1 cup warm Cumin (Jeera) Tea - Recipe in the end Plus Soaked : 5 black raisins or 2-3 walnuts
8am - Breakfast	Choose any One 1 Cup Dalia Pulao with vegetables 2 medium moong dal cheela Fresh Cut fruits + white yogurt/greek yogurt 1 whole Egg with whole wheat bread 1 Cup Poha with groundnuts 1 small cup tea/coffee (along with breakfast- if you like to drink)

DanceWithDeepti - 7 WEEK CHALLENGE

10.30am - Mid Meal	<p>Any Seasonal Fruit</p> <p>7 week Tip - Don't miss this !!</p>
12.30/1 - Lunch	<p>Eat ½ cup Salad First</p> <p>Rice or roti (6 Tablespoon or 1 roti)</p> <p>1 cup Daal or 1 cup Beans/Rajma/Chole/Other/Egg curry/Chicken curry</p> <p>1 cup Vegetables</p> <p>Add ½ tsp of ghee for healthy fat</p> <p>7 week Tip - you can add buttermilk or ½ cup curd on side</p>
4pm - Evening-Mid Meal (Good for pre/post workouts)	<p>1 cup Protein Chaat (Boiled beans + cucumber + tomato tossed with spices) Or any option mentioned in breakfast</p> <p>1 small cup tea/coffee (along with breakfast- if you are like to drink)</p> <p>7 week Tip - Eat well during eating window</p>
6.30pm - Dinner	<p>1 Cup Daliya-Moong Daal Khichdi</p> <p>OR</p> <p>1 Whole wheat roll - ½ cup mix vegetables (no potato) + 1 boiled egg</p> <p>OR</p> <p>1 medium piece Grilled fish/Chicken + 1 cup subzi/grilled veggies</p> <p>Or</p> <p>1 Roti with ½ cup daal and ½ cup mix vegetable</p> <p>Add ½ tsp of ghee for healthy fat</p> <p>7 week Tip - Don't make this a snack because we have a fasting window Early dinner is MOST important</p>
7pm - 8am	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

Post Workout Drink	<p>1 Glass Sattu drink (Roasted gram powder mixed with water or curd)</p> <p>1 Glass Apple/Beetroot juice</p>
---------------------------	---

DanceWithDeepti - 7 WEEK CHALLENGE

Measurement Pics (1 Cup, ½ Cup, Standard Glass Sizes)



Balanced Plate (SAMPLE)



DanceWithDeepti - 7 WEEK CHALLENGE

RECIPE

Cumin (jeera) Tea

Ingredients

Jeera Seeds – 1tsp

Water – 150ml

Method: Add the jeera seeds to the water and let it boil for about 3 mins. Let it cool down a bit, strain the seeds and consume this lukewarm/hot.

Sattu Drink

Ingredients

Sattu – Roasted chickpeas powder – 3 tablespoon

Water – 200ml

Roasted Cumin – ½ tsp

Lemon juice – ½ tsp

2-3 mint leaves – finely chopped

Black salt – ½ tsp

Method: Blend all ingredients in a blender, garnish with mint and drink at room temp

Apple Beetroot Juice

Ingredients

Apple (medium-big size) – 1 cup Chopped

Beetroot - 1 cup chopped

Lemon juice – 1 tsp

Ginger – small piece finely chopped

Salt (can use pink salt too) – to taste

Water – to blend

Method: Add all the ingredients into a blender, blend to smooth consistency by adding required amount of water and serve straight (do not strain the juice)