

MEAL PLANS FOR

CHOOSE to LOSE

4-Week Fat Loss Program

Table of contents

I For thyroid	Page.
▪ Dietary guidelines	1
▪ Meal plan	2-4
II For PCOS	
▪ Dietary guidelines	5
▪ Meal plan	5-8
III For weight loss	
▪ Dietary guidelines	9
▪ Meal plan	9-12

Nutrition Plan for Thyroid

Dietary guidelines for thyroid

- Remember to consume small & frequent meals.
- Avoid eating raw cabbage, broccoli and cauliflower since they have goitrogens that may interfere in the thyroid gland function. Only consume these vegetables after thoroughly cooking them.
- Restrict soybean intake to once in 10 days. It's best to avoid other soy products such as soymilk, tofu, etc.
- Restrict processed and packaged food, chocolates, alcohol, caffeine and carbonated beverages.
- Avoid refined carbs like refined flour, foods rich in high fructose corn syrup, cakes, pastries, sugary beverages, etc.
- Avoid deep-fried items as they may be very high in trans fats.
- Include iodine and selenium-rich foods like eggs, legumes, sunflower seeds, chia seeds, seafood, etc in your meals.
- Include lean meat, low-fat dairy products (rich in amino acids), wholegrain/fibre-rich carbs (whole wheat flour, oats, quinoa) and about 3-4 servings of vegetables in your meals.
- Make it a point to consume at least 1 fruit a day since they are rich in antioxidants.
- Drink 2.5 to 3 litres of water per day.



Pre-breakfast

Lemon Cinnamon Water + Soaked and Peeled Almonds (5 Pcs)



Breakfast

OPTION 1

Papaya + Poha (1 Katori)

OPTION 2

Besan Chilla (2 Pcs) +
Mint Tomato Chutney (2 Tsp)



Lunch

OPTION 1

Multigrain Roti (2 Pcs) + Mixed
Vegetables (0.5 Katori) +
Cucumber Salad (1 Katori) +
Moong Dal (1 Katori)

OPTION 2

Multigrain Roti (1 Pc) + Chana
Masala (1 Katori) + Tomato
Cucumber Salad (1 Katori) +
Rice (0.5 Katori) + Curds
[Cow's Milk] (1 Katori)



Evening Snack

OPTION 1

Mixed Fruit Bowl (1 Cup) +
Trail Mix Seeds (1 Tbsp)

OPTION 2

Makhana Roasted (0.5 Cup) +
Tea with Low-fat Milk



Dinner

OPTION 1

Moong Dal Khichdi (1 Bowl) +
Cucumber Raita (1 Katori)

OPTION 2

Steamed Idli (2 Pcs) + Sambar
(1 Katori) + Cucumber Tomato
Raita (1 Katori)



Pre Workout

OPTION 1

Apple (1 Pc) +
Peanut Butter (1 Tbsp)

OPTION 2

Oats Soaked in Milk (½ Cup)
with Raisin or Fruit



Post Workout

OPTION 1

Boiled Egg White (2 Pcs)
+ Slim Milk (1 Cup)

OPTION 2

Buttermilk (200 Ml) +
Sattu Powder (2 Tbs)

1 Katori : 100g | 1 Bowl : 200g | 1 Cup : 200ml

Macros ↘



Macros for a balanced meal plan

MEALS	CALORIES (KCAL)	CHO (G)	PROTEIN (G)	FAT (G)
Pre-breakfast	41	1.4	1.3	3.5
Breakfast	177	48	10.8	10
Lunch	345	60.8	16.6	4.5
Evening Snack	150	22	3.8	6.3
Dinner	258	45	9.6	4.5
Pre-workout	202	28.4	3.9	8.9
Post-workout	177	21	11	6
TOTAL CAL.	1350	215	49.6	35

Nutrition Plan for PCOS

Dietary guidelines for PCOS

- Include 2-3 servings of low-fat dairy foods per day.
- Gradually increase intake of high-fibre carbohydrate foods.
- Do not skip meals.
- Try not to let more than 4-5 hours go between meals/snacks to maintain stable blood sugar levels and diminish extreme hunger.
- Avoid foods high in refined carbohydrates (white bread and muffins), sugary snacks and drinks as well as inflammatory foods (processed and red meats).

Meal Plan

Pre-breakfast

OPTION 1	OPTION 2
Methi Seed Powder (1 Tsp) & Water + Almond (4 Pcs) + Walnut (3 Pcs)	Jeera Lemon Water + Almond (4 Pcs) + Walnut (3 Pcs)



Breakfast

OPTION 1

Vegetable Vermicelli Upma
(1 Katori) + Plain Curd (1 Katori)

OPTION 2

Steamed Idli (2 Pcs) + Mixed
Vegetable Sambar (1 Katori)



Mid-day meal

OPTION 1

Buttermilk (1 Glass)

OPTION 2

Tender Coconut Water (1 Glass)



Lunch

OPTION 1

Cooked Rice (1 Katori) + Fish
Curry (1 Katori) + Carrot Tomato
Salad (1 Katori)

OPTION 2

Jowar Roti (1 Pc) + Palak Low-fat
Paneer (1 Katori) + Beetroot and
Carrot Raita (1 Katori)



Evening Snack

OPTION 1

Chickpea Soya Nugget Patty (2 Pcs)
+ Green Tea (1 Tea Cup)

OPTION 2

Sprouts Salad (1 Katori) +
Green Tea (1 Tea Cup)



Dinner

OPTION 1

Stuffed Methi Roti (2 Pcs) + Rajma
Curry (1.5 Katori) + Cucumber
Beetroot Salad (1 Katori)

OPTION 2

Chapati (2 Pcs) + Palak Dal (1.5
Katori) + Carrot Salad (1 Katori)



Pre Workout

OPTION 1

Apple (1 Pc)

OPTION 2

Banana (1 Pc)



Post Workout

Boiled Sweet Potato (1 Pc, Medium)

+

Scrambled Eggs (2 Egg Whites) or
Plant-based Protein (1 Scoop)

1 Katori : 100g | 1 Bowl : 200g | 1 Cup : 200ml

Macros 



Macros for a balanced meal plan

MEALS	CALORIES (KCAL)	CHO (G)	PROTEIN (G)	FAT (G)
Pre-breakfast	75	2.2	2.1	6.5
Breakfast	207	24	7.3	9.2
Lunch	325	42	18	9.6
Evening Snack	151	17.4	10.2	4.7
Dinner	317	51	13	6.9
Pre-workout	107	24	0.4	0.9
Post-workout	65	0.6	10	2.5
TOTAL CAL.	1247	160	61	40

Nutrition Plan for Weight Loss

Dietary guidelines for weight loss

- Hydrate often and drink a minimum of 2-3 litres of water per day.
- Drink a glass of water 30 minutes before and 30 minutes after your meals.
- Avoid all processed foods as they are high in fat and salt.
- Include good sources of fat from nuts and seeds.
- Avoid all fried foods, maida and bakery products.

Meal Plan ▼

Pre-breakfast

OPTION 1	OPTION 2
Lemon Barley Water (1 Glass)	Tender Coconut Water (1 Glass)



Breakfast

OPTION 1

Muesli [No added Sugar] (1.5 Serve) + Double Toned Milk (0.5 Large Glass) + Almonds (3 Pcs) + Papaya (1 Katori)

OPTION 2

Overnight Oats [Soaked in Milk with Chia Seeds] (1 Cup) + Pomegranate (1 Katori) + Almond (3 Pcs)



Lunch

OPTION 1

Multigrain Chapati (1 Pc) + Dudhi Palak (1.5 Katori) + Cucumber Raita (1.5 Katori)

OPTION 2

Brown Rice (1 Katori) + Chicken Curry (1 Katori) + Beetroot & Carrot Salad (1 Bowl)



Evening Snack

OPTION 1

Lemon Water [No salt] (1 Cup) + Roasted Makhana (1 Katori)

OPTION 2

Green Tea (1 Cup) + Plain Popcorn (1 Bowl)



Dinner

OPTION 1

Millet Moong Dal with
Vegetable Khichdi (1 Bowl) +
Skimmed Milk Curd (1 Katori)

OPTION 2

Grill Chicken (3 Pcs) +
Vegetable Soup (1 Bowl) +
Sautéed Vegetables (1 Katori)



Pre Workout

OPTION 1

Apple (1 Pc) +
Peanut Butter (1 Tbsp)

OPTION 2

Banana with Nut Butter (1 Tbsp)



Post Workout

OPTION 1

Boiled Egg White (2 Pcs)
+ Slim Milk (1 Cup)

OPTION 2

Whey Protein Supplement (1 Scoop)

1 Katori : 100g | 1 Bowl : 200g | 1 Cup : 200ml

Macros ▼



Macros for a balanced meal plan

MEALS	CALORIES (KCAL)	CHO (G)	PROTEIN (G)	FAT (G)
Pre-breakfast	2.1	0.5	0.1	0.1
Breakfast	221	39.8	5.8	6.3
Lunch	347	43.6	22.2	8.9
Evening Snack	116	23.4	3.9	1.4
Dinner	257	37.3	10.8	7.4
Pre-workout	202	28.4	3.9	8.9
Post-workout	86	1.7	24	0.2
TOTAL CAL.	1231	174	70	33