CULT BOOTCAMP MEAL PLAN





79 KG **CURRENT WEIGHT**

65 KG TARGET WEIGHT

YOUR PREFERENCES





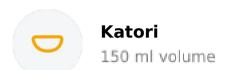


South Indian

Vegetarian

Lose Weight

FOR YOUR EASE OF MEASUREMENT





Piece



Cult Plate 9 inch in diameter





Glass / Cup



Kitchen Scale Portable







150 ml





ABOUT RESET WEEK

A low-carb and no-sugar week where we try to bring healthy nutrients into the plate and avoid anything that can cause inflammation, water retention or weight gain.

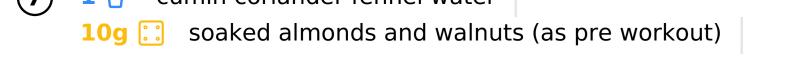


YOUR 7-DAY MEAL PLAN



DETOX DRINK 1

- cumin coriander fennel water
 - soaked almonds and walnuts (as pre workout)
- cumin coriander fennel water
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- (3) cumin coriander fennel water
 - soaked almonds and walnuts (as pre workout)
- cumin coriander fennel water
 - soaked almonds and walnuts (as pre workout)
- cumin coriander fennel water **(5)**
 - soaked almonds and walnuts (as pre workout)
- cumin coriander fennel water **(6)**
 - soaked almonds and walnuts (as pre workout)
- 1 \(\tau \) cumin coriander fennel water





YOUR 7-DAY MEAL PLAN



BREAKFAST (MEAL 1)

- 1 Apple Smoothie 10g Mix nuts
- vegetables in pesarattu
 Desarattu
 Beans masala gravy
- palak,carrot,inion,tomato (added in cheela)
 - 2 D Besan cheela stuffed with chatpata paneer
 - 1 Cucumber Onion Raita
- 4 1 The Brinjal Tomato gravy
 - 2 preen peas and moong dal dosa veggies in dosai
- 5 1 Skimmed milk smoothie with banana 10g Mix nuts
- 6 1 Greek Yoghurt (Unsweetened) 1 Fruit.

 10g Mix nuts
- (7) 1 overnight chia seed puding | 1 \(\backslash \) Fruit.



YOUR 7-DAY MEAL PLAN



SNACK 1

- 1 Muskmelon 20g Walnuts+Sun Flower Seeds
- 2 1 Pear 20g : Almonds+Walnuts
- (3) 1 Guava | 20g Trail mix of unsalted nuts
- (4) 1 Watermelon 20g Trail mix of unsalted nuts
- (5) 1 Apple 20g : peanut butter





YOUR 7-DAY MEAL PLAN



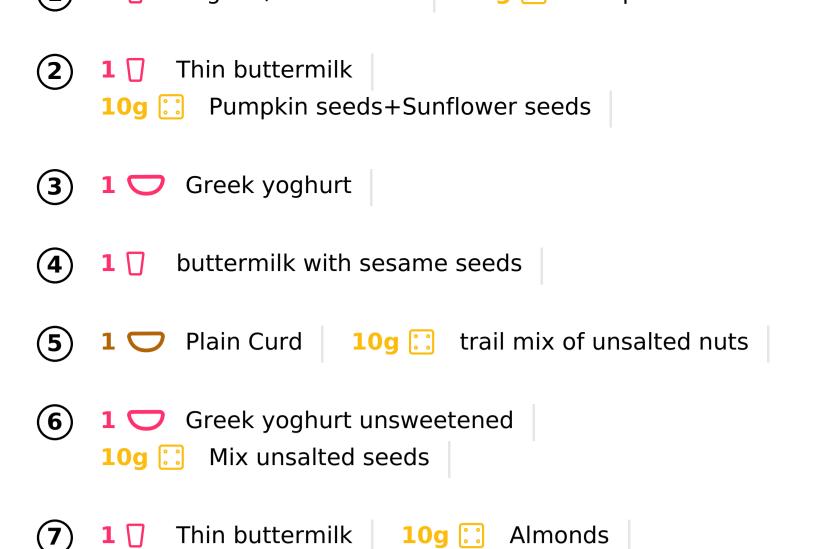
- 1 Cucumber salad bottle gourd sabji
 - 2 Deas curry 2 Dea
- (3) 1 Dal fry 1 Tomato Cucumber Salad-
- 1 Dal fry 1 Tomato Cucumber Salad-1 Palak in dal
- 1 Chana dal palak subji 1 Mix veg Salad
 Palak in dal
- Soybean curry
 Mix Veg avial
 add green peas, capicum in curry
- 1 lobia and rajma curry
 1 vegetables in curry
 1 vegetables in curry



YOUR 7-DAY MEAL PLAN



SNACK 2





YOUR 7-DAY MEAL PLAN



- 3 1 Greek yoghurt 2 Sauteed veggies
- 2 Tomato,onion gravy 1 Pigeon peas curry
- 5 1 Hummus Chickpeas and garlic2 Carrot and cucumber sticks
- (6) 1 C Lima beans gravy 2 mix veg dry
- Spinach moong dal soup
 coriander leaves, tomato (add in soup)
 sauteed capsicum, broccoli, onion



DO'S & DON'TS

y4 Do's



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