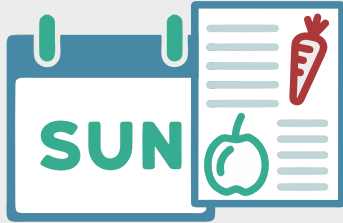


1



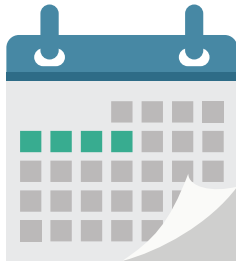
15-20gm protein early in the day

2



Make your meal plan on Sunday after lunch

3



Plan only for 3-4 days (Till Wed-Thurs)

4



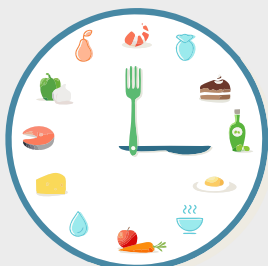
Plan the next 4 days on Wednesday

5



Extra veggies in at least two of your major meals

6



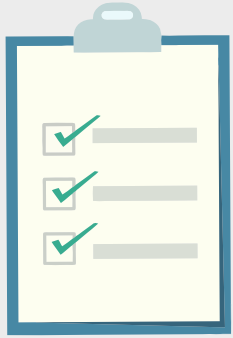
Have lunch at same time, (be ready for the evening hunger time)

7



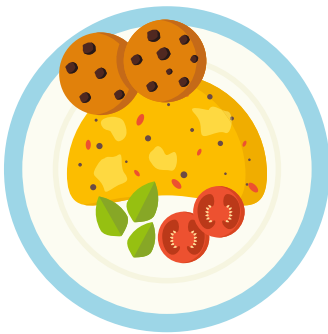
Plan an enjoyable meal on Friday or Saturday evening

8



Plan a lot of variety in your snacks, this will help you keep your cravings at bay (due to the variety).

9



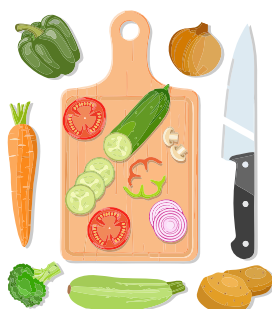
No meal is compulsory, for e.g. if you are someone who doesn't like to eat a breakfast, guess what, it's FINE. you don't need to eat because ANYONE says you MUST have breakfast. Nope. Your overall food intake matters, not WHEN you eat it. Yes, this is proven by Science.

10



If your schedule requires eating out, that usually means eating more calories than normal, so adjust accordingly

11



Bonus tip 11: Prepare and store some foods in advance on Sundays (cut and freeze veggies for salads, make smoothie mixes and store in the fridge, etc.) so you don't waste extra time rest of the week. Remember, **the more you make it easy for yourself, the better you will stick with your own plan.**