

PART 1 - FOODS TO ADD IN YOUR MEAL PLAN

Protein – and vegetables, of course – are the core of any fat loss enthusiast’s arsenal.

So let’s begin with...

PROTEIN SOURCES

Protein sources are typically things like chicken, fish, and shellfish, but also include eggs and some dairy.

As you read the list below, you might notice that we do not specify ‘lean meats’ like most dieticians or books, or tell you to trim the fat before cooking.

Fat is an essential part of the human diet, and animal fat has been incorrectly demonized over the years.

In recent studies and researches, it has been concluded that reducing dietary fats haven’t had the desired effect of reducing heart disease, but we have long been told that ‘no studies existed’ that proved these policies to be wrong.

Without evidence, the policies continued; foods like butter were guilty until proven innocent.

Actually, butter might be more than just not guilty, butter might be truly innocent. The crime might be that butter hasn’t been allowed to help, all these years.

It looks like we’ve been following very bad advice for many years, and watched our country’s heart disease numbers rise, rather than fall.

Thankfully, many doctors and dieticians are coming around to the healthfulness of natural fats, so go ahead and experiment with the cuts of meat (and even whole eggs and butter) that you love, whether they are lean or fatty.

So here are some great protein (and good fat) sources for you:

- ✓ Legumes
- ✓ Chicken (any type or cut)
- ✓ Turkey, if available (any type or cut)
- ✓ Red (Goat or Lamb) Meat
- ✓ Fish and other seafood
- ✓ Whole eggs
- ✓ Protein powders (whey, casein, pea, rice, etc.)
- ✓ Cottage cheese
- ✓ Greek yogurt
- ✓ Almost there – Quinoa and other whole grains

A special note for vegetarians...

We respect and support your choice to not eat meat.

To get adequate protein, focus on eggs (if you eat them), dairy, whey protein, rice or pea protein, fermented soy beans (can be made at home) and legumes and lentils.

For total ease and value for money, we highly recommend whey protein to prepare nutritious and delicious shakes.

For a lot of vegetarians, the 'do not eat' list is even more important. Focus on avoiding the foods that you should NOT eat, and do your best with the rest!

One good thing with vegetarians is their overall metabolic rate is slower than meat eaters – what this means is they simply do not require as much protein as their meat eating siblings do.

VEGETABLES

Most vegetables are highly “nutrition dense” (more nutrition per calorie), and can hence be eaten in virtually unlimited quantities.

If you’re the type to binge on “squash”, for instance, then you’ll have to limit them. For this reason, we’ve moved some higher calorie vegetables, such as sweet potatoes and yams, to another category to make things easier to manage.

More on this, later.

So here’s a list to get you thinking:

- ✓ **Green leafy vegetables (spinach, lettuce, methi, etc.)**
- ✓ **Broccoli**
- ✓ **Cauliflower**
- ✓ **Cabbage (white and purple)**
- ✓ **Green beans**
- ✓ **Asparagus**
- ✓ **Zucchini**
- ✓ **Squash**
- ✓ **Eggplant (Brinjal for most)**
- ✓ **Tomato**
- ✓ **Bell Peppers (Or Capsicum)**
- ✓ **Onion and Green Onion**
- ✓ **Beets**
- ✓ **Carrots**
- ✓ **Radish**
- ✓ **Mushrooms**

FATS

Fat is already present in many of the foods above. Meat, eggs, poultry, and fish all contain fat already, so unless you choose to eat only very lean protein sources, you're getting enough fat, even before adding fat.

For cooking, butter and liquid fats from this list can be used, and if you need oil for a salad dressing, choose olive oil.

Coconut milk, which is concentrated coconut, can be used to flavour soups and curries, or used instead of cream in coffee (an acquired taste, but very good replacement).

Most good coconut milk is very thick, and sold in cans or jars (NOT easily available in India), not the usual Tetrapack 'cartons.'

Although note; Coconut milk is very high in calories and can be overeaten. Use it in moderation.

The additional items below are great sources of fat that can be used as condiments and flavour enhancers, but should not be used a primary source of protein or vegetable during your first 7 days of the program.

So here's the "good" FATS list:

- ✓ **Butter or homemade ghee (not the store bought ones)**
- ✓ **Coconut oil**
- ✓ **Olive oil (any 100% olive oil variety)**
- ✓ **Coconut milk (not the 'milk carton' variety)**
- ✓ **Avocado**
- ✓ **Olives**
- ✓ **Nuts (shelled yourself, whenever possible)**

DRINKS

You can have unlimited **calorie free drinks** from this list. If the drink has excess calories (from cream, sugar etc.) then it should be limited to less than 1-2 servings per day. Drinks like bottled teas can vary wildly in calories, so watch out for added sweeteners. **READ LABELS.**

Remember, one of our missions should be to break the sugar habit, and sweet drinks just drag things out.

So here's the list:

- ✓ **Water**
- ✓ **Water with Lemon Juice**
- ✓ **Unsweetened ice tea**
- ✓ **Green Tea and coffee (black or with cream/milk/butter)**

FRUITS

1-2 servings per day.

Yes, fruit has all sorts of healthful properties, but fruit is also overrated compared to veggies. Higher in calories, and often high in sugar, fruits are not something that should be eaten in large amounts.

Some fruits are sugar bombs, and have to be even more restricted, especially during a fat loss phase.

Also, some fruits are simply too big to be just one serving (think of a large banana or a big apple, which are closer to two servings).

Make sure that you follow the spirit of the plan, and **don't try to exploit the loopholes; you only have yourself to exploit.**

The list:

- ✓ **Berries (fresh or frozen)**
- ✓ **Papaya**
- ✓ **Oranges**

- ✓ **Pineapple**
- ✓ **Pomegranate**
- ✓ **Apple**
- ✓ **Watermelon**
- ✓ **Black Jamun**
- ✓ **Grapefruit**
- ✓ **Lemon**
- ✓ **Lime**
- ✓ **Low amounts of Mango, Chikoo, Jackfruit**

HERBS, SPICES, CONDIMENTS

What's Indian food without our spices!

Herbs and spices are almost always calorie free or so low in calories that it just doesn't matter.

Use them all you like.

Although, beware of jarred and bottled sauces and condiments, as they can be full of things you wouldn't expect, and condensed down so that a mere tablespoon can have as many calories as a dessert topping or salad dressing!

So here's the spice list:

- ✓ **Sea salt**
- ✓ **Fresh herbs**
- ✓ **Indian dried spices and natural spice mixes**
- ✓ **Mustard (but beware of mustard sauce filled with bad guys – trans fats, oils)**
- ✓ **Fresh lemon juice**
- ✓ **Vinegar**

DIRECT CARBOHYDRATE

It's really hard to give a catchy name to a category filled with high-starch, high-calorie, and high-sugar foods that are otherwise natural and healthy (without sounding like an extremist).

It must be done, though.

Healthy or not, you wish to lose fat, and that includes fighting off sugar addiction, which often leads to dropping extra body fat.

With that in mind, it's hard to let you go whole hog on 'carbs.'

Note that these foods are not strictly off limits, nor are they free to be eaten at will.

They should be minimized if fat loss is the target.

If there are a few chunks of potato or turnip in your stew, don't sweat it, but for your overall fat loss journey, you should only consider eating moderate amount of foods from this category if you exercise intensely.

Otherwise, minimize these foods.

So here's an additional list of foods you (can try to) avoid (apart from the bad foods list we saw earlier):

- ✓ **Table sugar (Use Erythritol as an alternative)**
- ✓ **Sweet potatoes**
- ✓ **Yams**
- ✓ **Honey (at least reduce to very small amounts)**
- ✓ **Commercially sweetened yoghurt or *dahi***
- ✓ **Chocolate (check the label, half of it is sugar!)**
- ✓ **Rusk, toast and other "morning crunchies"**
- ✓ **So-called healthy juices (or what we call – sugar bombs!)**

PART 2 - REAL MEAL IDEAS

So now that you saw WHAT you should be eating and what not, here are some REAL WORLD ideas to get you thinking and planning your weekly meals...

BREAKFAST IDEAS

- Muesli and yoghurt: Homemade muesli made from oats, seeds, nuts and dried fruit served with natural yoghurt is a great option.
- Fresh fruit and yoghurt: Fresh fruit and a pot of natural yoghurt sweetened with honey.
- Idli with coconut chutney and sambar
- Oats *upma* with ginger, carrots and peas
- Any Oats recipe with natural ingredients.
- Eggs + whole wheat bread + tomato and cucumber
- Eggs + cheddar cheese + mushroom and onion scramble topped with salsa
- Greek yogurt with handful of nuts
- Scrambled eggs plus baby carrots on the side
- Cottage cheese with a serving of fruit, and handful nuts
- Omelet with colourful peppers
- Cold chicken and leftover veggies
- Whey protein pancakes: mix 2 eggs with 1 scoop of whey powder, and cook in coconut oil; serve with some fruit
- Whey protein shake with a fruit and a handful of nuts

LUNCH IDEAS

- Whole wheat *chapatis*, *rotis* with home cooked vegetables
- Brown rice and paneer with a large salad: spinach, tomato, bell pepper, grated cheese, olive oil and olive
- Completely home-made whole wheat pizza with LOTS of vegetables (and/or lean meat, paneer).
- Chicken breast, and tomato soup with a serving of cheese
- Yoghurt with sprouted legumes salad (with other veggies)

- Vegetable soup and a side of roasted chicken
- A chicken bowl, with veggies instead of rice

DINNER IDEAS

- *Khichadi* with *dal* and LOTS of raw cut-up vegetables (carrots, cucumber, tomatoes, etc.) or veggie soup on the side
- Whole wheat *chapatis/rotis* with home cooked vegetables and a whey protein shake (for protein).
- Green salad (steamed carrots + broccoli + other greens) and grilled chicken (with optional cream of spinach soup)
- Grilled fish with steamed or grilled vegetables and pesto or any other sauce
- Chicken soup + chopped tomato, cucumber + olives salad
- Chicken or shrimp stir fry with lots of stir fried vegetables
- Chicken drumsticks and roasted root veggies
- Egg omelette with steamed or grilled veggies, and a sliver of cheese

What About Snacks?

If you get hungry between meals, have half a scoop (about 12-15gm) of a whey protein shake, a couple of hard-boiled egg whites, or a handful of nuts.

What About Dessert Ideas?

No dessert is the best option. If you really MUST have dessert, stick with a cup of fruit or have a piece of dark chocolate and savour it ever so slowly.

To quieten your sweet cravings at night, make a cup of aromatic tea, such as green tea or a simple black tea.

Once you are able to go to bed without eating a sweet evening treat, you will realize it's possible and quite easy to do.

TIP: Don't keep too long a gap between dinner and your sleeping time.

One last thing, usually, most people ask you to “avoid carbs” at dinner. Guess what, research has proven otherwise! Carbs at night help you fall asleep faster and better.

What About Liquids?

Hydration is of utmost importance. Shoot for drinking at least a glass of water every waking hour, especially during these first 7 days.

You can count tea and water from fruits in here as well. Make sure you are drinking at even intervals throughout the day, too, not just starting and ending the day with water.

And What About Eating At Restaurants?

Ideally, we would suggest avoiding all restaurants while on the Jump Start program.

It can get pretty difficult, especially in a social situation to eat according to the plan here.

Yet, eating out on the 7 days of the Jump Start program can be made easy if you plan in advance.

First of all, before heading out to eat, have a very small meal or even a protein shake so you do not order with an empty stomach!

Doing this will automatically ensure you are thinking straight, and will make much better decisions than when on an empty stomach.

Now, almost every decent restaurant can cook a delicious piece of rice, chicken or maybe fish on the grill and serve you a side salad or some steamed vegetables.

Where it gets tricky is rich sauces and *rotis* made with refined flour and extra sugar, so opt for no extra sauce, gravy on your meats and/or burgers.

It's possible to eat fast food and keep it as close to real as you can, if you do not order the obvious bad choices such as the fries and soft drinks, so just try & do your best.

What If I Mess Up?

None of us is perfect, and there will be mistakes, stumbles, and blunders, but we have a mantra or slogan that's worked wonders for us and our clients: **“every meal stands alone.”**

Every meal, snack, food, or drink counts and empowers you to change the way you look and feel.

Over time, you will change how you look at and feel about your food, but you simply can't let a mistake take you down.

During the first 7 days, we do want you to be as strict as possible, meaning there are no planned cheat days or free meals, but later, as you progress, we are going to expand the food horizon to allow you a little freedom.

In the meantime, don't worry if you make a mistake, and one meal isn't perfect; get right back in there and **make sure your next meal is spot on.**

Put your choices in line with your goals. Every meal stands alone. If you fall off the bandwagon, get right back on it.

If you fail at one meal, then allow yourself to fail at another and another, pretty soon you will be right back where you started.

"Every meal stands alone" is your reminder that one mistake won't take you down unless you let it. Don't let it. Every meal stands alone!
