

28-DAY HEALTHY RAMADAN MEAL PLAN

****Start Iftar by drinking at least 2 glasses of water and eating 2-3 dates.**

****Medjool Dates recipe here: <https://youtu.be/xnM1dt1xBnQ>**

****Follow *Daily Detox Drinks* / *Chia Seed Drinks* recipes to improve your daily water intake and to have a healthy digestion.**

****Daily Detox Drinks Recipe here: <https://youtu.be/HkftWw77YWU>**

****Chia Seed Drinks Recipe here: <https://youtu.be/VCHbnbqIhsU>**

MONDAY AND TUESDAY

	MEALS & INGREDIENTS	STEPS	CALORIES PER SERVING
Iftar <i>(Watch "3 Healthy RICE Recipes" video for the complete guide.)</i>	<p>ONE POT FISH & RICE SOUP Ingredients (serves 3) 1) 4 cups Chicken / Fish / Vegetable Broth – 48Cals 2) 400g Dory Fish Fillet – 410Cals *or any other fish of your choice 3) ½ cup Uncooked Wild Rice, rinsed – 286Cals 4) ½ can Black Beans, rinsed and drained – 189Cals 5) ½ can Diced Tomatoes – 53Cals 6) ½ cup Corn – 66Cals 7) 1 tsp. Cumin Powder – 8Cals 8) 1 tsp. Garlic Powder – 10Cals 9) 1 tsp. Cayenne Powder – 6Cals 10) 1 tsp. Mixed Herbs – 6cals 11) 1 tsp. Salt</p> <p>OR</p> <p>STUFFED BELL PEPPER RICE Ingredients (serves 3) 1) 3 Large Bell Peppers -111Cals</p>	<p>1) We want to start by prepping the rice. Fill a large pot with 4 cups of broth and the uncooked rice. 2) Cover, bring to a boil and allow the rice to almost cook for about 25 – 30 minutes. Adjust the cooking time, depending on the rice you're using. 3) Once the rice is almost ready, we want to stir all the ingredients in – the fish, beans, diced tomatoes, corn and all the spices. 4) Allow all the ingredients to simmer for another 10 – 15 minutes until the fish and rice are fully cooked and the soup thickens slightly. 5) Stir occasionally and serve hot.</p> <p>1) Pre-heat the oven to 180°C / 350°F.</p>	<p>361Cals</p> <p>288Cals</p>

<p><i>(Watch “3 VEGAN Sliming Soups” video for the complete guide.)</i></p>	<p>2) 1 Potato – 163Cals 3) 2 Carrots -50Cals 4) Fish and Rice Soup from the previous recipe, half the total amount – 541Cals</p> <p>Video Link: https://youtu.be/YFY MWis27I</p> <p>AND</p> <p>HEARTY CREAMY MUSHROOM SOUP Ingredients (6 servings) 1) 500g Fresh Wild Mushrooms, thinly sliced – 90Cals 2) 3 cups (320g) Cauliflower, coarsely chopped – 82Cals 3) 1 large (150g) Yellow Onion, diced – 63Cals 4) 1 tbsp. Olive Oil – 119Cals 5) 3 Garlic Cloves, minced – 15Cals 6) 4 cups Vegetable Stock – 60Cals 7) 1 tbsp. Fresh Lemon Juice – 3Cals 8) Salt & Pepper to Taste</p> <p>Video Link: https://youtu.be/61Holtjm8fk</p>	<p>2) Let’s start by prepping the bell peppers. Cut the top part of the bell peppers and scoop out the seeds to create a pocket. 3) Then fill each bell pepper with the rice and fish from the previous recipe. And set aside. 4) Next, fill up the bottom of a baking dish, with thickly sliced potato and carrots. 5) Then place the stuffed bell peppers on top and pour the fish and rice soup over the potatoes and carrots. 6) Cover the bell peppers and bake for about 30 – 40 minutes until the bell peppers are soft and slightly roasted. Serve Hot.</p> <p>1) In a large pot, add 2 cups of vegetable stock and cauliflower. Bring to a boil, cover and simmer for about 10 minutes until cauliflower is very tender. Puree with a hand blender until smooth and set aside. 2) In a pan, heat olive oil over medium high heat. Stir in garlic, onion and mushroom. Sauté for 5 – 7 minutes until onion and garlic are golden brown and fragrant and mushrooms are cooked through. 3) Add ¾ of the sautéed ingredients and the remaining 2 cups of water into the pureed cauliflower. Bring to a boil, cover and simmer for 5 minutes, until slightly thickened. Turn off the heat, Puree all the ingredients with a hand blender until smooth. 4) Then stir in the remaining sautéed mushrooms, and season with lemon, salt and pepper. Serve hot.</p>	<p>72Cals</p>
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<p>Snacks</p> <p><i>(Watch "Easy Healthy Fruit Smoothie Ideas" video for complete guide)</i></p> <p><i>(Watch "4 Matcha Green Tea Breakfast Recipes" video for complete guide)</i></p>	<p>FRUIT SMOOTHIE Ingredients 1) 8 medium Strawberries, sliced – 32Cals 2) 1 small Banana, sliced – 90Cals 3) 1 cup Ice Cubes 4) ¼ cup Water 5) 2 tbsps. of Goji Berries – 45Cals</p> <p>AND</p> <p>NO-BAKE MATCHA MACAROONS Ingredients (makes 12 balls) 1) ½ cup Desiccated Coconut – 392Cals 2) 1 tbsp. Matcha Powder – 18Cals 3) 3 tbsps. Sesame Seeds – 156Cals 4) 2 tbsps. Coconut Oil – 234Cals 5) 2 tbsps. Peanut Butter – 188Cals 6) ¼ cup Maple Syrup – 210Cals 7) 1 tsp. Vanilla Extract – 12Cals 8) Pinch of Salt to Taste</p> <p>Video Link: https://youtu.be/lqDvyiA64To</p>	<p>1) Add all the ingredients into the smoothie blender, blend until smooth and serve.</p> <p>Video Link: https://youtu.be/Xh99RkYgnCc</p> <p>1) Mix together all the dry ingredients - desiccated coconut, sesame seeds, matcha and a pinch of salt. Combine well. 2) The stir in the wet ingredients - coconut oil, maple syrup, peanut butter and vanilla extract. Combine until it forms a consistent paste. 3) Take about 1 tbsp. of the mixture and roll into a ball. This will make about 9 – 12 balls. 4) Allow the macaroons to set in the fridge for about an hour until solid. 5) I've dusted mine with more desiccated coconut.</p>	<p>167Cals</p> <p>101Cals <i>(Consume 1 – 2 servings)</i></p>
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<p>Suhoor</p> <p><i>(Watch "4 High Fibre OATMEAL Breakfasts" video for the complete guide.)</i></p> <p><i>(Watch "Breakfast in A Jar Chia Pudding" video for the complete guide.)</i></p>	<p>OVERNIGHT OATMEAL Ingredients (1 Serving) 1) ½ cup (45g) Oats – 194Cals 2) ½ cup (125ml) any Milk of your choice – 66Cals 3) 1 tbsp. Goji Berries – 18Cals 4) 1 tsp. Chia Seeds – 22Cals <i>**Option: any other superfood of your choice</i> 5) 1 Banana – 85cals 6) 2 chopped Dates – 40cals OR</p> <p>BANANA PEANUT BUTTER CHIA PUDDING Ingredients (2 servings) 1) ¼ cup Chia Seeds – 280Cals 2) 1 cup Milk, any choice – 100Cals 3) 1 tsp. Maple Syrup or Honey – 17Cals 4) 1 Large Banana, mashed – 121Cals 5) 2 tbsps. Peanut Butter – 188Cals</p>	<p>1) In a bowl, mix oats, milk, goji berries and chia seeds together. 2) Assemble the overnight oats, in a jar or glass. 3) Lay the bottom with half of the oat mixture, then add in half of the fruits, banana and dates and mix in the remaining oat mixture. Finally top it up with the remaining fruits. 4) Place the jar in the fridge overnight and serve it for breakfast the next morning. Video Link: https://youtu.be/qByjiXsxrmc</p> <p>1) In a bowl, mix together mashed banana, chia seeds, milk, honey and peanut butter. Stir until well combined. 2) Divide equally into 2 jars. Cover and let it set overnight in the fridge. 3) In the morning, add any topping of your choice and enjoy! Video Link: https://youtu.be/p7HvNeEJ-EY</p>	<p>425Cals</p> <p>353Cals</p>
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Total Calories: 1407cals (including 3 dates)

WEDNESDAY AND THURSDAY

	MEALS & INGREDIENTS	STEPS	CALORIES PER SERVING
Iftar <i>(Watch "Healthy Chinese Takeaway" for the complete guide.)</i>	GARLIC EGG FRIED RICE <u>Ingredients (4 servings)</u> 1) 2 cups of Cooked Rice – 418cals <i>*I used a mixture of brown and white rice.</i> 2) 2 Garlic Cloves, minced - 9cals 3) 2 Green Onions, roughly chopped - 10cals 4) 2 Eggs, lightly beaten - 156cals 5) 1.5 tbsps. Sesame Oil - 180cals 6) A pinch of Salt AND SWEET & SOUR CHICKEN <u>Ingredients (4 servings)</u> 1) 12oz (340g) Chicken Breast Fillets, sliced in cubes - 374cals 2) 1 medium Red Bell Pepper, cut into chunks - 37cals 3) 1 medium Green Bell Pepper, cut into chunks - 37cals 4) ½ Red Onion, roughly chopped - 23cals 5) ½ cup Pineapple, cut into chunks - 41cals 6) 2 Garlic Cloves, minced - 9cals 7) 1.5 tbsps. Sesame Oil - 180cals 8) A handful of Fresh Cilantro, roughly chopped - 6cals 9) ¼ tsp. Red Chilli Flakes - 2cals	1) Beat the eggs and put to one side. 2) In a pan, heat oil over medium high heat, add garlic and sauté garlic until lightly browned. 3) Add the beaten eggs and stir continuously until it's scrambled properly. 4) Then quickly add in the cooked rice and green onions. 5) Keep mixing until all the ingredients are well blended. 6) Don't forget to also season with a pinch of salt. Serve hot.	193Cals
		1) Marinate chicken with 1 egg white and about 1 tsp. of light soy sauce in a bowl. Let it sit for about 15 minutes. 2) Prepare and mix the sweet and sour sauce in a separate bowl. Set aside. 3) In a large pan, heat oil over medium-high heat. Stir in the marinated chicken and sauté for about 5 minutes, until chicken is almost cooked through. 4) Then stir in the garlic, onion, bell peppers and chilli flakes. 5) Continue to sauté and cover for 3 to 4 minutes or until vegetables are slightly tender. We want to keep them crunchy, so don't overcook them! 6) Mix in the pineapple and sweet and sour sauce mixture. Continue to cook very quickly for another 2 to 3 minutes until all ingredients are evenly coated and remove from heat.	233Cals

	<p><u>Sweet & Sour Sauce</u> 1) ¼ cup Ketchup - 68cals <i>*choose the low sodium option</i> 2) ¼ cup Rice Vinegar - 8cals 3) 1.5 tbsps. Raw Honey - 96cals 4) ¼ cup water 5) 1 tbsp. Cornstarch mixed with 2 tbsps. Cold Water - 30cals</p> <p><u>Marinade:</u> 1) 1 tsp. Light Soy Sauce - 3Cals 2) 1 Egg White, lightly beaten - 17cals</p> <p>AND</p> <p><u>BUDDHA'S DELIGHT</u> <u>Ingredients (4 servings)</u> 1) A head of Broccoli, cut into florets - 98cals 2) 1 Carrot, thinly sliced - 25cals 3) ½ cup (40g) Shitake Mushrooms, thinly sliced - 10cals 4) 1 cup (100g) Snow Peas - 42cals 5) 3 Garlic Cloves, minced - 11cals 6) 1 tbsp. Light Soy Sauce - 6cals 7) 1 tbsp. Sesame Oil - 120cals 8) A pinch of Salt</p> <p><u>Video Link:</u> https://youtu.be/hDHH8uh Y-c</p>	<p>7) Sprinkle with a little bit of cilantro and serve.</p> <p>1) In a pan, heat oil over medium-high heat. Stir in the garlic and sauté very quickly for 1 to 2 minutes until lightly browned. 2) Then stir in all the vegetables and cook until vegetables are tender. If you need to, add in a little bit of water. 3) Finally, mix in soy sauce and season with salt.</p>	<p>78Cals</p>
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<p>Snack</p> <p><i>(Watch “Easy Healthy Hummus Recipe” video for the complete guide.)</i></p>	<p>VEGGIE STICKS WITH HUMMUS Ingredients (serves 6) 1) 1 can Chickpeas, drained and rinsed – 360Cals, 11g Sugar 2) ½ tsp. Sweet Paprika – 3Cals 3) ½ tsp. Cumin Powder – 4cals 4) Pinch of Salt 5) 1 tbsp. Tahini – 89Cals, 0.1g Sugar 6) 1 tbsp. Olive Oil – 120Cals 7) Juice from 1 Small Lime – 10Cals, 1g Sugar</p> <p>Vegetables 1) Carrots, sliced 2) Celery, sliced 3) Cucumber, sliced <i>*Option: Other vegetables of your choice</i></p> <p>OR</p>	<p>1) Place all the ingredients into a food processor and blend until smooth. 2) Serve hummus with a drizzle of olive oil and dash of paprika. 3) Dip the chopped up vegetables into homemade hummus and enjoy!</p> <p>Video Link: https://youtu.be/0Q31D4MmOsI</p>	<p>98Cals</p> <p><i>(Consume as much vegetables as you want!)</i></p>
<p><i>(Watch “10 Healthy Desk Snacks” video for the complete guide.)</i></p>	<p>3-INGREDIENT OAT BITE Ingredients (makes 24 oat bites) 1) 1 cup (90g) Rolled Oats, dry & uncooked – 340Cals 2) ½ cup (125g) Peanut Butter – 778Cals 3) ¼ cup (82g) Maple Syrup / Honey – 270Cals <i>**Optional add-ons</i> 4) 1 tbsp. unsweetened Cocoa Powder – 12Cals 5) 1 tbsp. Sunflower Seeds – 47Cals</p> <p>AND</p> <p>1 glass of fresh Watermelon Juice (250ml)</p>	<p>1) Melt the maple syrup and peanut butter in a pan under low heat until smooth. Don’t let it overheat! 2) Turn off the heat. Add in the oats. You can also add other ingredients such as sunflower seeds and goji berries. Mix them well. 3) Then simple shape them into bite-size balls. 4) Chill in the refrigerator for about one hour or until firm.</p> <p>Video Link: https://youtu.be/dBypQfOhOSQ</p> <p>Simply choose a combination of nuts, seeds and dried fruits of your choice. Measure ¼ cup per serving.</p>	<p>180Cals <i>(Based on 3 oat bites)</i></p> <p>71Cals</p>

<p>Suhoor</p> <p><i>(Watch "4 Matcha Green Tea Breakfast Recipes" video for complete guide)</i></p>	<p>MATCHA OATMEAL PANCAKES <u>Ingredients (makes 12 small pancakes)</u> 1) 1 cup Oat Flour – 336Cals 2) 1 cup any Milk – 100Cals 3) 1 Large Banana – 121Cals 4) Chia Mixture (1 tbsp Chia Seeds + 3 tbsps. Water) – 69Cals 5) 1 tbsp. Matcha Powder – 18Cals 6) ½ tbsp Maple Syrup – 26Cals 7) 1 tsp. Baking Powder – 2Cals</p> <p>OR</p> <p>MATCHA CHIA PUDDING <u>Ingredients (serves 2)</u> 1) ¼ cup Chia Seeds – 280Cals (70Cals per tbsp.) 2) ¾ cup Milk, any choice – 75Cals 3) 1 tsp. Maple Syrup or Honey – 17Cals 4) 2 tps. Matcha Green Tea – 12Cals 5. 2 Small Jars</p> <p>Video Link: https://youtu.be/lqDvyiA64To</p> <p>AND</p> <p>CHILLED MINT CUCUMBER YOGHURT SOUP <u>Ingredients (2 servings)</u> 1) 4 cups Cucumber, roughly chopped – 64Cals 2) ½ cup Fresh Mint Leaves, roughly chopped – 8Cals 3) 1 Garlic Clove, minced – 5Cals 4) 1.5 cups Greek or Plain Yoghurt – 225Cals</p>	<p>1) Roughly mash the banana in a bowl. 2) Then add in the milk, chia seed mixture and maple syrup. Mix until well combined. 3) Then add in the dry ingredients: oat flour, matcha and baking soda. Keep mixing until you get a consistent batter. 4) Scoop about ¼ cup of the batter and cook on a non-stick pan over medium heat. Once your pancakes starts to bubble, flip it, and cook for another 1 – 2 minutes. Don't press the pancakes! You want to keep them nice and fluffy. This should make about 12 pancakes.</p> <p>1) Simply combine chia seeds, milk, maple syrup and matcha powder. Stir well. 2) Divide equally into 2 small jars. Cover and allow it to set overnight in the fridge. 3) The next morning, it'll expand into a pudding-like texture. Top it up with some homemade granola or any fresh fruits of your choice.</p> <p>1) In a blender, add in all the ingredients and blend it up! 2) Serve immediately or chill in the fridge for at least 2 hours or overnight.</p>	<p>56Cals</p> <p><i>(Consume 3 – 4 servings)</i></p> <p>192Cals</p> <p>227Cals</p>
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Website: www.joannasoh.com
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	<p>5) 2 tbsps. Freshly squeezed Lemon Juice – 14Cals 6) 2 tbsps. Extra Virgin Olive Oil – 138Cals 7) Salt & Pepper to Taste 8) ½ cup Cold Water</p> <p>Video Link: https://youtu.be/Qye2YHbxKi8</p>		
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Total Calories: 1354cals (including 3 dates)

FRIDAY AND SATURDAY

	MEALS & INGREDIENTS	STEPS	CALORIES PER SERVING
Iftar <i>(Watch "3 Oven-Baked Recipes" video for the complete guide.)</i>	ROASTED CHICKEN WITH MIXED VEGETABLES Ingredients (serves 2) 1) 2 Chicken Legs Quarter – 336Cals each 2) 2 Carrots, sliced – 50Cals 3) 1 head Broccoli – 98Cals 4) 1 Sweet Potato, sliced into cubes – 112Cals 5) 1 Red Onion, sliced – 46Cals 6) 6 Garlic Cloves, crushed – 27Cals 7) 1 tbsp. Olive Oil – 69Cals 8) 1 tbsp. Apple Cider Vinegar – 3Cals 9) ¼ tsp. Fresh Rosemary, chopped 10) ¼ tsp. Mixed herbs 11) Salt & Pepper to taste OR BAKED SALMON & ZUCCHINI Ingredients (serves 1) 1) 1 Salmon Fillet - 416Cals 2) ½ Zucchini, halved lengthwise and thinly sliced – 9Cals 3) ½ cup Cherry Tomatoes, halved – 13Cals 4) ½ Lemon, slices, plus 2 teaspoons fresh lemon juice – 8Cals 5) 1 Garlic Cloves, minced – 4.5Cals 6) ¼ tsp. Rosemary, chopped 7) ¼ tbsp. Olive Oil – 17.5Cals	1) Preheat the oven to 425°F/220°C. 2) Rub the chicken legs with olive oil. The season with fresh rosemary, salt and pepper. Set aside. 3) Next, make a bed for the chicken pieces by arranging the vegetables on the bottom of a baking dish. Season the vegetables with a little bit of olive oil, apple cider vinegar, salt, pepper, mixed herbs and some rosemary. 4) Transfer and arrange the chicken legs on top of the vegetables. 5) Bake for an hour or until chicken is done. 6) Serve warm!	538Cals
		1) Preheat oven to 350°F/180°C. 2) Line a baking tray with foil. 3) Marinade the salmon fillet with olive oil and salt & pepper. Then add the rosemary and garlic and lightly press into the salmon. Set aside. 4) Next, make a bed for the salmon fillet by arranging the zucchini, cherry tomatoes and lemon slices on the bottom of a baking dish and season with salt and pepper. Then place salmon on the zucchini and drizzle with some lemon juice.	468Cals

	<p>8) Salt & pepper to taste</p> <p>Video Link: https://youtu.be/Yy0pPT5Lf4k</p>	<p>5) Fold the sides of the foil over the salmon, covering completely and sealing the packet closed.</p> <p>6) Place into oven and bake until cooked through, about 30 minutes.</p> <p>7) Serve and enjoy!</p>	
<p>Snack</p> <p><i>(Watch "Easy Healthy Fruit Smoothie Ideas" video for complete guide)</i></p> <p><i>(Watch "10 Healthy Desk Snacks" video for the complete guide.)</i></p>	<p>SUNSHINE SMOOTHIE Ingredients</p> <p>1) ½ Medium Mango, diced – 65cals 2) ½ cup Pineapple, diced – 41cals 3) 1 cup Ice Cubes 4) ¼ cup Water 5) 2 tbsps. Goji Berries – 45cals</p> <p>AND</p> <p>PLUM STUFFED CHERRY TOMATO Ingredients</p> <p>1) 3 Cherry Tomatoes – 9cals 2) 3 Plums – 69cals</p> <p>Video Link: https://youtu.be/dBypQfOhOSQ</p>	<p>1) Add all the ingredients into the smoothie blender and blend until the mixture is smooth.</p> <p>Video Link: https://youtu.be/Xh99RkYgnCc</p> <p>1) Slice the cherry tomato to create a pocket. 2) Insert a small piece of marinated plum into the cherry tomato.</p>	<p>151Cals</p> <p>216Cals</p>
<p>Suhoor</p> <p><i>(Watch "3 Healthy Ways to Enjoy Tempeh" video for the complete guide.)</i></p>	<p>BAKED TEMPEH SANDWICH Ingredients</p> <p>1) 50g Tempeh, thinly sliced - 97Cals 2) 2 slices Whole-Grain Toast – 138Cals 3) ½ Tomato, sliced – 11Cals 4) ¼ cup Baby Spinach – 2Cals</p> <p>Marinade Sauce for Tempeh</p> <p>1) ½ tbsp. Soy Sauce – 4Cals</p>	<p>1) Pour the sauce over the tempeh to pack in more flavours. 2) Lay them out on a tray and bake at 180 degrees celcius in a pre-heated oven for about 15 -20 minutes. 3) Once the tempeh is done, assemble your sandwich and serve.</p>	<p>285Cals</p>

	<p>2) ¼ tbsp. Olive Oil – 30Cals 3) 1 Garlic Cloves, minced – 3Cals</p> <p>OR</p> <p>BAKED TEMPEH SKEWER <u>Ingredients (4 skewers)</u> 1) 100g Tempeh, cut into cubes – 193Cals 2) ¼ cup Cucumber – 4Cals, 0.45g Sugar 3) ¼ cup Cherry Tomatoes – 7Cals, 1g Sugar 4) ¼ cup Onion, sliced – 12Cals, 1.2g Sugar 5) ¼ cup Bell Pepper, sliced – 4 Cals, 0.55g Sugar</p> <p><u>Marinade</u> 1) 1 tbsp. Soy Sauce – 9Cals 2) 1/3 tbsp. Olive Oil – 23Cals 3) 1 Garlic, minced – 4Cals</p> <p>Video Link: https://youtu.be/Hm455GV3afs</p>	<p>1) Let's prep the marinade sauce. In a bowl, mix soy sauce, olive oil and garlic. Set aside. 2) Pour the sauce over the tempeh to pack in more flavours. Lay them out on a tray with all the vegetables and put them together with tempeh on skewers to make tempeh kebab. 3) Bake them at 180 degrees celcius in a pre-heated oven for about 15 -20 minutes.</p>	<p>256Cals</p>
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Total Calories: 1370cals (including 3 dates)

****As for SUNDAY, choose your favourite meals and have them together with one Reward Meal in MODERATION.**

IMPORTANT NOTES:

- 1) This Meal Plan is based on a balanced diet rich with lean meat, unrefined carbs, healthy fat, packed with fruits and vegetables, which helps for quick weight loss, to build lean muscles and to give you a flat tummy.
- 2) You can watch my step-by-step guidance for all the meals and recipes on my “Healthy Meal Plan, Food & Nutrition” playlist on my YouTube channel: www.youtube.com/user/joannasohofficial
- 3) Do NOT consume less than 1200cals for women and 1600cals for men in a day. Starving will NOT help to lose weight.
- 4) If you are a male, increase the portion size and keep to 1800cals – 2100cals per day.
- 5) You can choose to prepare your meals in BULK and have them for the next 2 – 3 days for convenience.
- 6) These meals are INTERCHANGEABLE. So you can have your snack for breakfast, breakfast for lunch etc.
- 7) Only use and prepare HIGH QUALITY, natural, clean and unprocessed food.
- 8) Adjust the portion size and calories according to the product you use. Mine might be slightly different from yours. So read the food label carefully. If there isn't a food label, you can search up on the nutrients and calories online.
- 9) You can always mix your meal plan and create your own recipe by using other ingredients of your choice.
- 10) You MUST drink at least 2.5L - 3L of water EVERY DAY.
- 11) Make it a habit to PLAN & PACK your meals the night before and store them in the fridge for the next day; this will make your mornings easier, which will help to keep you on track.
- 12) PRINT this meal plan and stick it on your fridge as a daily reminder to stay on track.
- 13) Keep a FOOD DAIRY of what you eat and how you feel as well, which is a crucial part to stay on track.
- 14) Aim to WORKOUT 5 – 6 times a week between 45 – 60 minutes for maximum result. Please follow my “Workout Playlist” for that.
- 15) You can add another small meal or increase your calories by 200 – 300cals on your workout days if needed.
- 16) STAY AWAY from alcohol, soda drinks, processed food, fast food and all junks!
- 17) Treat yourself to a REWARD MEAL once a week in moderation. This will avoid the risk of excessive intake of your favourite guilt treats.
- 18) It's always a good idea to talk with your doctor before starting your weight-loss journey. And that's especially important in this case if you have kidney disease, diabetes or other chronic health condition. You know your body better than I do!

DON'T WAIT UNTIL YOU HAVE ACHIEVED YOUR GOAL TO BE PROUD OF YOURSELF,

BE PROUD OF YOURSELF FOR EVERY STEP YOU TAKE TOWARDS YOUR GOAL. ALL THE BEST! =)