

28-DAY HEALTHY RAMADAN VEGAN 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/VCHbnbqlhsU>**

MONDAY AND TUESDAY

	MEALS & INGREDIENTS	STEPS	CALORIES PER SERVING
Iftar <i>(Watch “3 Healthy RICE Recipes” video for the complete guide.)</i>	MUSHROOM BLACK BEAN BURGER <u>Ingredients (4 Patties)</u> 1) ¾ cup Fresh Mushrooms, finely diced – 12Cals 2) ¾ can Black Beans – 255Cals 3) ½ cup Onion, diced – 32Cals 4) 1 Garlic Clove, minced – 4Cals 5) 1 tbsp. Green Onions, roughly chopped – 2Cals, 0.1g Sugar 6) ½ tsp. Cumin – 4Cals 7) 2 tbsps. Olive Oil – 138Cals 8) Salt and pepper, to taste 9) English Muffins or Mini Burger Buns – 110Cals OR TOFU CHIA BURGER <u>Ingredients (4 Patties)</u> 1) 1 block (250g) Extra Firm Tofu – 220Cals 2) ½ cup Onion, diced – 32Cals	1) So, the first step is to saute the garlic and onion for 3 to 5 minutes, until they are soft and fragrant. 2) Add in the chopped mushrooms, green onions and cumin. Saute for another 5 minutes, or until mushrooms are cooked through. Remove from heat and allow the mixture to cool down. 3) In a bowl, roughly mash the black beans. I like to keep it chunky. 4) Then combine the mashed beans with the onion and mushroom mixture and flavor it with salt and pepper. Mix until all ingredients are well combined. 5) Using your hands, shape the mixture into 4 equal patties, about ¾ to one inch thick. 6) On a non-stick pan, heat 1 tbsp. oil under medium-high heat. Cook the patties on both sides until they are slightly brown and crunchy, for about 5 minutes. 7) Remove from heat and set aside.	222Cals/ burger
	1) Blend the tofu along with all the rest of the ingredients; onions, green onions, garlic, salt and pepper, chia mixture and soy sauce. Blend until you form a tofu paste. The chia mixture binds the tofu mixture together.	231Cals/ burger	

<p>(Watch “3 VEGAN Sliming Soups” video for the complete guide.)</p>	<p>3) 1 tbsp. Green Onions, roughly chopped – 2Cals 4) 1 part Chia Mixture (1 tbsp. Chia Seeds + 3 tbsps. Water) – 69Cals 5) 1 Garlic Cloves, minced – 4Cals 6) 2 tbsps. Soy Sauce – 18Cals 7) Salt and pepper to taste 8) 1 tbsp. Oil for frying - 138Cals 9) English Muffins or Mini Burger Buns – 110Cals</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>AND</p> <p>BAKED SWEET POTATO FRIES Ingredients (3 servings)</p>	<p>2) Next, gently form the tofu mixture into patties, pressing everything together to form round patties about ¾ to 1-inch thick. This will make you about 4 patties. 3) Lightly pan-fry the patties until lightly golden brown and crisp for about 5 to 6 minutes on each side. 4) Remove from heat and set aside.</p> <p>Video Link: https://youtu.be/aUM-qnz0A14</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. Sautee from 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>1) Preheat oven to 200°C / 400°F 2) In a bowl, toss together all ingredients until potatoes are evenly coated with oil and spices.</p>	<p>72Cals</p> <p>87Cals</p>
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<p>video for the complete guide.)</p>	<p>1) 250g Sweet Potato, peeled and cut into wedges – 215Cals 2) 1 tsp. Olive Oil – 40Cals 3) ½ tsp. Paprika – 3Cals 4) ½ tsp. Cumin – 4Cals <i>*Option: Any other spices of your choice</i></p>	<p>3) Then spread potatoes on a single layer on the baking tray. 4) Bake for a total of 25 to 30 minutes. After 15 minutes, turn over all of the sweet potato pieces. Return to the oven and bake for another 10-15 minutes, or until they are well browned and serve.</p>	
<p>Snacks <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 <u>Ingredients</u> 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 <u>Ingredients (makes 12 balls)</u> 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>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>Video Link: https://youtu.be/lqDvyiA64To</p>	<p>167Cals</p> <p>101Cals <i>(Consume 1 – 2 servings)</i></p>

<p>Suhoor</p> <p><i>(Watch “4 High Fibre OATMEAL Breakfasts” video for the complete guide.)</i></p>	<p>OVERNIGHT OATMEAL <u>Ingredients (1 Serving)</u> 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</p> <p>Video Link: https://youtu.be/qByjiXsxrmc</p> <p>OR</p>	<ol style="list-style-type: none"> 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. 	<p>425Cals</p>
<p><i>(Watch “Breakfast in A Jar Chia Pudding” video for the complete guide.)</i></p>	<p>BANANA PEANUT BUTTER CHIA PUDDING <u>Ingredients (2 servings)</u> 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>	<ol style="list-style-type: none"> 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! <p>Video Link: https://youtu.be/p7HvNeEj-EY</p>	<p>353Cals</p>

Total Calories: 1355cals (including 3 dates)

WEDNESDAY AND THURSDAY

	MEALS & INGREDIENTS	STEPS	CALORIES PER SERVING
<p>Iftar</p> <p><i>(Watch "3 Healthy Ways to Enjoy Tempeh" for the complete guide.)</i></p>	<p><u>SWEET & SOUR TEMPEH WITH RICE</u> <u>Ingredients (serves 4)</u></p> <p>1) 1 (250g) packages Tempeh, cut into cubes – 482Cals 2) ½ medium Red Bell Pepper, cut into chunks – 18.5cals 3) ½ medium Green Bell Pepper, cut into chunks – 18.5cals 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 10) 1 cup Cooked Wild Rice – 166Cals</p> <p><u>Sweet & Sour Sauce</u></p> <p>1) ¼ cup Ketchup - 68cals <i>*choose the low sodium option</i> 2) ¼ cup Rice Vinegar - 8cals 3) 1 tbsp. Raw Honey - 64cals 4) ¼ cup water 5) 1 tbsp. Cornstarch mixed with 2 tbsps. Cold Water - 30cals 6. ½ tbsp. Soy Sauce – 4.5Cals</p> <p>AND</p>	<p>1) First, prepare the sweet and sour sauce. In a bowl, whisk together ketchup, rice vinegar, soy sauce, honey, water and cornstarch. Set aside. 2) In a large pan, heat oil over medium-high heat. Stir in tempeh, bell pepper, onion, garlic, and chilli flakes. Cook until just beginning to brown, 5-7 minutes or until vegetables are slightly tender. 3) 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. 4) Sprinkle with a little bit of cilantro and serve.</p> <p>Video Link: https://youtu.be/hDHH8uh_Y-c</p>	<p>402Cals</p>

<p>(Watch "Healthy Chinese Takeaway" for the complete guide.)</p>	<p>BUDDHA'S DELIGHT Ingredients (4 servings) 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>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>Video Link: https://youtu.be/hDHH8uh_Y-c</p>	<p>78Cals</p>
<p>Snack (Watch "Easy Healthy Hummus Recipe" video for the complete guide.)</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 <i>(Consume as much vegetables as you want!)</i></p>

<p>(Watch "10 Healthy Desk Snacks" video for the complete guide.)</p>	<p>3-INGREDIENT OAT BITE <u>Ingredients (makes 24 oat bites)</u> 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/dBypOfOhOSQ</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 (Watch "4 Matcha Green Tea Breakfast Recipes" video for complete guide)</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</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.</p>	<p>56Cals <i>(Consume 3 – 4 servings)</i></p> <p>192Cals</p>

<p><i>(Watch "4 No-Cook Chilled Soups" video for the complete guide.)</i></p>	<p>3) 1 tsp. Maple Syrup or Honey – 17Cals 4) 2 tsps. 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 Ingredients (2 servings) 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 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>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>Video Link: https://youtu.be/Qye2YHbxKi8</p>	<p>227Cals</p>
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Total Calories: 1330cals (including 3 dates)

FRIDAY AND SATURDAY

	MEALS & INGREDIENTS	STEPS	CALORIES PER SERVING
<p>Iftar</p> <p><i>(Watch "3 Oven-Baked Recipes" video for the complete guide.)</i></p>	<p>AUBERGINE & BLACK BEAN RATATOUILLE <u>Aubergine & Black Bean Ratatouille</u> <u>Ingredients (serves 4)</u> 1. 2 Aubergines, sliced – 272Cals 2. 1 Zucchini – 33Cals 3. 1 tbsp. olive oil – 69Cals 4. 1 can Diced Tomato – 108Cals 5. 1 can Black bean- 316Cals 6. 1 Onion – 46Cals 7. 2 garlic cloves, chopped – 9Cals 8. 25g Grated Parmesan -108Cals 9. ¼ tsp. Cayenne Pepper 10. Salt & Pepper to taste</p> <p>Video Link: https://youtu.be/Yy0pPT5Lf4k</p> <p>AND</p> <p>CHICKPEAS, CARROT & ONION SOUP <u>Ingredients</u> 1) 200g Carrots, chopped into cubes - 82cals 2) 1 Onion, diced - 44cals 3) ½ can of Chickpeas - 131cals 4) 1 tsp. Olive Oil - 40cals 5) 2 cups Vegetable Stock - 35cals 6) Handful of Parsley</p> <p>Video Link: https://youtu.be/SvmqURW-swg</p>	<p>1) Pre-heat the oven to 220°C. Slice up 2 aubergines and 1 whole zucchini. 2) In a large bowl, season them with 1 tablespoon of olive oil, and salt and pepper. Toss well. 3) In another bowl, mix in diced tomato, black bean, onion, garlic, cayenne pepper and salt & pepper. Set aside. 4) In a baking dish, arrange the aubergine and zucchini slices in a single layer. 5) Pour in a layer of the black bean sauce. Then top it up with another layer of aubergine and zucchini slices. Repeat until the baking tray is filled. 6) Finally, sprinkle with some grated cheese. Bake in the oven for 30 - 40 minutes. until the top layer is golden brown. Serve hot.</p> <p>1) Heat olive oil in a pan, add carrots and onion, cook for 2-3mins until fragrant. 2) Add stock, bring to a boil and cook for 15-20mins until carrots are very tender. 3) Remove from heat and puree the carrots with a hand or food blender. 4) Bring the pot back to boil under low heat, add chickpeas and parsley. Simmer for 5 mins and serve hot.</p>	<p>241Cals</p> <p>332Cals</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 2) ¼ tbsp. Olive Oil – 30Cals 3) 1 Garlic Cloves, minced – 3Cals</p> <p>OR</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>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: 1405cals (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! =)