Miracle Veda

Sample Fat Loss Plan

Fat loss · PCOD & Thyroid Friendly
Food from all over India · Veg, with egg / non-veg swaps

Sample plan — yours is made on your details

For **Sample client** (a made-up client)
Reference **Sample**

A plan includes: diet plan, home workout, 30-day tick sheet, foods to eat & avoid, grocery list.

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How to follow

The few rules that matter

1. Follow your menu day by day. Don't like a dish? Pick any other dish of the same meal.
2. Every meal has a protein food, a grain and vegetables. Eat all three, in the amounts written (grams and ml).

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Every day

On waking: Take your thyroid tablet first with plain water. Wait 30–45 minutes, then have your drink.

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On waking	Breakfast	Mid-morning (optional)	Lunch
6:30 – 7:00 AM	8:30 – 9:00 AM	11:00 AM	1:00 – 2:00 PM

Evening	Dinner
4:30 – 5:30 PM	7:30 – 8:30 PM

Stay safe

- Keep taking every medicine exactly as your doctor told you. This plan does not replace it.

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... Full guidance is in your own plan

SAMPLE PLAN

Eat / avoid

For your PCOD + thyroid · eat freely · keep away

For PCOD & thyroid

- Take your thyroid tablet with plain water on an empty stomach, at the same time daily. Wait 30–60 minutes before food, tea or coffee.
- Keep calcium and iron tablets at least 4 hours away from your thyroid tablet. Have milk and curd after breakfast, not with the tablet.
- ...

Eat freely (in the amounts in your menu)

Vegetables
Lauki (bottle gourd), tori, ...

Fruits
Guava, apple, ...

Grains
Whole wheat roti, jowar, ...

Protein
Moong, masoor, ...

Seeds & nuts
Flax seeds (alsi), roasted chana, ...

Keep these away

- Soya foods: soya chunks, soya granules, tofu, soya milk and soya flour — they can stop your thyroid tablet from working well
- Cabbage, cauliflower and broccoli — your plan uses other vegetables
- ...

... Full guidance is in your own plan

SAMPLE PLAN

Sample menu - Week 1 (Day 1 to 7)

Your exact amounts are worked out for your body in your own plan.

Your own plan has the full 30-day menu - Week 1, 2, 3 and 4. This sample shows Week 1 only.

Swap any meal for the same meal of another day.

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
On waking **6:30 to 7:00 AM** Take your thyroid tablet first with plain water. Wait 30 to 45 minutes, then have your drink.	Warm jeera water	Amla juice in water	Dhania (coriander seed) water	Saunf (fennel) water	Soaked almonds	Cucumber-pudina water	Spearmint (pudina) tea, no sugar
Breakfast **8:30 to 9:00 AM** Within 1 to 1 1/2 hours of waking.	Vegetable poha + Boiled chana chaat	Idlis + Sambar + Curd	Thin methi or palak paratha + Curd + Steamed moong sprouts	Vegetable oats upma + Roasted chana + Curd	Dhokla pieces + Moong sprouts chaat with vegetables	Moong dal chillas with vegetables + Green chutney + Curd	Plain dosas + Sambar + Coconut chutney
Mid-morning (optional) **11:00 AM**	Pear	Pineapple	Cucumber and carrot sticks	Jamun (in season)	Roasted chana	Pomegranate seeds	Pear
Lunch **1:00 to 2:00 PM** Start with a bowl of salad (or lightly cooked vegetables if raw gives you gas), then your plate.	Phulka rotis + Masoor dal + Mixed vegetable sabzi + Buttermilk	Cooked rice + Sambar + Beans sabzi + Curd	Cooked rice + Rajma curry + Lauki (bottle gourd) sabzi	Rotis + Kadhi (less oil) + Gawar (cluster beans) sabzi + Steamed moong sprouts	Cooked rice + Fish curry + Vegetable curry with coconut + Buttermilk	Chapatis + Toor dal + Palak sabzi + Buttermilk	Phulka rotis + Chole + Baingan bharta + Curd
Evening **4:30 to 5:30 PM** Tea or coffee - less milk, a little sugar. Plus one snack (optional - skip it if you are not hungry):	Roasted makhana	Moong sprouts chaat with vegetables	Buttermilk + Roasted chana	Seasonal fruit + Soaked almonds	Methi khakhra + Buttermilk	Vegetable soup + Roasted chana	Sweet corn chaat
Dinner **7:30 to 8:30 PM** Keep it the lightest meal of the day.	Vegetable daliya khichdi + Curd + Salad	Phulka roti + Whole moong curry + Lauki (bottle gourd) sabzi	Vegetable soup + Besan chillas with vegetables + Curd	Cooked rice + Mixed dal + Mixed vegetable curry	Chapati + Moong dal + Beetroot sabzi	Roti + Matar paneer + Pumpkin sabzi	Lemon rice + Dal palak + Mixed vegetable sabzi

SAMPLE PLAN

Your meal options

Follow the menu, or pick from here

Don't want to follow the menu?

For any meal, pick any one option from that meal's list below, at your usual meal time. The amounts are already set for you.

On waking

6:30 – 7:00 AM

Choose any one option · amounts are set for you

- Warm jeera water — eases bloating and gas, wakes up digestion
- Amla juice in water — very rich in vitamin C, good for hair

...

Breakfast

8:30 – 9:00 AM

Choose any one option · amounts are set for you

Veg options

- Vegetable poha + Boiled chana chaat
- Idlis + Sambar + Curd

...

Egg options

- Egg bhurji with vegetables + Roti

...

Mid-morning (optional)

11:00 AM

Choose any one option · amounts are set for you

- Pear — full of fibre, helps easy motions
- Pineapple — naturally sweet and good for digestion

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SAMPLE PLAN

Lunch

1:00 – 2:00 PM

Choose any one option · amounts are set for you

Veg options

- Phulka rotis + Masoor dal + Mixed vegetable sabzi + Buttermilk
- Cooked rice + Sambar + Beans sabzi + Curd

...

Egg options

- Cooked rice + Egg curry + Brinjal sabzi + Curd

Non-veg options

- Cooked rice + Fish curry + Vegetable curry with coconut + Buttermilk

...

Don't want roti? Have rice instead. Rather have roti on a rice day? Swap it the same way. Your plan tells you exactly how much.

Evening

4:30 – 5:30 PM

Choose any one option · amounts are set for you

Veg options

- Roasted makhana
- Moong sprouts chaat with vegetables

...

Egg options

- Boiled egg + Cucumber and carrot sticks

SAMPLE PLAN

Dinner

7:30 – 8:30 PM

Choose any one option · amounts are set for you

Veg options

- Vegetable daliya khichdi + Curd + Salad
- Phulka roti + Whole moong curry + Lauki (bottle gourd) sabzi

...

Egg options

- Egg bhurji with vegetables + Chapati + Mixed vegetable sabzi

Non-veg options

- Pan-grilled fish + Roti + Mixed vegetable sabzi

Don't want roti? Have rice instead. Rather have roti on a rice day? Swap it the same way. Your plan tells you exactly how much.

... Full guidance is in your own plan

SAMPLE PLAN

Swap chart

Don't want something? Have this instead

INSTEAD OF	
Eggs same protein	**Veg options** Paneer · Boiled chana · Moong sprouts · Dal **Non-veg options** Chicken
Paneer same protein	**Veg options** Boiled chana · Moong sprouts **Egg options** Eggs **Non-veg options** Chicken · Fish
Chicken same protein	**Egg options** Eggs **Non-veg options** Fish

... Full guidance is in your own plan

Portions

Worked out for your body

Your exact amounts — grams of rice, number of rotis, dal and sabzi — are worked out for your body in your own plan.

SAMPLE PLAN

Hungry, or want more roti or rice?

What to do, and how much extra is fine

Feeling very hungry?

- **Drink a glass of water first** and wait 10 minutes. Often it is thirst, not hunger.
- **A small bowl of salad** — cucumber, carrot or tomato, with lemon and a pinch of salt.

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Eat your meals on time — a skipped meal makes the next hunger much bigger.

... Full guidance is in your own plan

If your tummy feels off

Gas, acidity, constipation — simple fixes

Bloating or gas

- Eat slowly and chew well. Don't talk on the phone while eating.
- For a few days, have your salad steamed or sautéed instead of raw.

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... Full guidance is in your own plan

Eating out

Functions, restaurants, travel

- Weddings and functions: fill half the plate with salad and sabzi first, then 1 roti or a small portion of rice, and dal. One small sweet, then stop.
- Restaurant: tandoori items, dal, roti, salad. Skip naan, butter gravies and anything fried.

...

... Full guidance is in your own plan

SAMPLE PLAN

Home workout (optional)

Level 1 — Start · videos for every move

Level 1 — Start · Month 1

This workout is optional. Prefer only walking? That's fine — just walk daily.

At home, no equipment, about 20 minutes. It gets a little harder every month, so your body keeps changing.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Strength	Core & stretch	Strength	Core & stretch	Strength	Core & stretch	Rest + walk

Walk every day

- Week 1–2: walk 30–40 minutes a day
- ...

Before every workout. Warm-up, 3 minutes: march on the spot, arm circles, shoulder rolls, side bends, slow chair squats.

Strength day · Week 1–2

Chair squat

Sit back until you lightly touch the chair, then stand up. Knees follow your toes.

Watch how

Wall push-up

Glute bridge

Bird-dog

Side-lying leg raise

SAMPLE PLAN

Strength day · Week 3–4

- Chair squat
- Wall push-up
- Glute bridge
- Bird-dog
- Side-lying leg raise

Core & stretch day — 10 minutes

- Bird-dog
- Glute bridge

Stretch after every workout

- Butterfly stretch
- Cat-cow
- Child's pose

How hard? You should be able to talk, but not sing. The last should feel hard but still clean. Never hold your breath.

If something hurts

- Knee pain: go only as low as is comfortable in squats, and skip lunges — do 1 more round of glute bridges instead.

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... Full guidance is in your own plan

SAMPLE PLAN

30-day tick sheet

Free · tick your day, weight and waist

SAMPLE

Tick a box each day.

0 ticks this month

Day	Meals	Water	Walk	Move	Sleep
Week 1					
1					
2					
3					
4					
5					
6					
7					
Week 2					
8					
9					
10					
11					
12					
13					
14					
Week 3					
15					
16					
17					
18					
19					
20					
21					
Week 4					
22					
23					
24					
25					
26					
27					
28					
Week 5 · last 2 days					
29					
30					

SAMPLE PLAN

Meals ate as per plan

Water as in your plan

Walk your daily walk

Move strength or core day done (Sunday rest counts)

Sleep 7 hours or more

Progress photos

Day 1 photos	Day 15 photos	Day 30 photos

Weekly check — same day, every week

Week	Weight kg	Waist in	Energy 1–5	A win
Start				
1				
2				
3				
4				

Groceries

One trip a week covers the plan

Grains & flours
Wheat atta, rice, ...

Vegetables (for the week)
In all: pumpkin, carrot, ...

Dairy
Curd, toned milk (for tea), ...

Seeds & nuts
Roasted chana, flax seeds (alsi), ...

Dals & pulses
Moong dal, toor dal, ...

Fruits (for the week)
Fruits: pear, pomegranate, ...

Chicken, mutton, fish & eggs
Fish, chicken (boneless), ...

Spices & others
Jeera, methi seeds, ...

... Full guidance is in your own plan

SAMPLE PLAN

Common doubts

Quick answers

Can I change a dish?

Yes. Pick any other dish from the same meal in “Don’t like a dish? Swap it”. The amounts are already set for you.

I am eating out or going to a function. What do I do?

Follow the tips in “Eating out, functions and travel”. Then go back to your menu from the next meal. One meal does not undo your progress.

… Full guidance is in your own plan

Please note

This plan gives diet and lifestyle guidance for fat loss. It is not medical treatment or a diagnosis.

I don’t change medicines. Keep taking your medicines as your doctor advised.

See your doctor for any health problem, if you are pregnant, or if you feel unwell.

Results vary from person to person.

Prepared by **Rushikesh Umbarkar** · Fat Loss & Nutrition Coach · **Miracle Veda**

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