



 NON VEGETARIAN PLAN

30 DAYS PLAN



## The Good Food Kit:

Welcome to your complete 30-day weight management programme. This scientifically designed meal plan features wholesome millet-based dishes complemented with lean proteins including chicken, fish, and eggs for optimal nutrition and satiety. It also incorporates portion-controlled servings and strategic meal timing to support your health goals. The beauty of this approach lies in its simplicity: master one 7-day plan, then repeat it for four weeks. This creates consistency, removes decision fatigue, and allows your body to adapt to a sustainable rhythm of nourishment.

Each day includes carefully balanced breakfasts featuring innovative millet preparations, sensible lunches with red rice or home-cooked options that may include lean proteins, and light dinners that promote overnight fat burning. You'll enjoy variety without complexity, structure without rigidity, and results without deprivation.

# Daily Habits and Portion Guidelines

## Essential Daily Habits

- **Workout:** 8000-10000 steps daily. Post-meal walks (after 20 mins) are especially beneficial.
- **Before breakfast: Fat Burner Tea** (replaces your morning tea)
- **With breakfast: 5 soaked almonds + 2 soaked walnuts OR 1 boiled egg**
- **Mid-morning (if hungry):** 1 small fruit (apple /orange/guava) OR 1 glass buttermilk
- **Evening (if hungry):** Black coffee + small portion boiled peanuts OR sundal
- **Dinner:** On Optifast or Health Mix nights, if you still hungry after dinner, eat 1 bowl of cooked greens or vegetables cooked at home (keerai, beans, bhindi, gourds, cabbage etc).

## Portion Control Made Simple

Use the measuring katori (cup) provided in your kit:

- **Red Rice:** ½ levelled cup raw (30 g)
- **Noodles:** ¼ bunch (~45 g)
- **All other items:** 1 levelled full cup (30 g)

## What to Avoid

**Foods:** No potato, yam, sweet potato, raw banana, or corn as main vegetables during this plan.

**Outside Food:** Avoid fried items, maida-based dishes, and oversized or high-calorie meals

**Oils to avoid:** Any refined Vegetable Oil, Palm Oil, Reuse of oil

# Food Products Preperation Method

1

## Fat Burner Tea (Pre Breakfast)

Boil 250–300 ml of water. Transfer it in a cup. Dip 1 tea bag and let it infuse for 3–4 mins. Slowly sip.

2

## Millet Dosa (Breakfast)

Mix 1 levelled cup dosa mix with water; rest 10 minutes. Spread on tawa; add grated paneer (~75 g) OR 1 scrambled egg + onion/coriander; fold and cook until crisp.

3

## Millet Muesli (Breakfast)

Mix 1 levelled cup muesli with 1 cup thick curd; rest 5 minutes. No sugar added. Simple, protein-rich, and filling.

4

## Millet Pancake (Breakfast)

Whisk 1 levelled cup pancake mix with 70–80 ml warm milk + ½ tsp butter; cook on tawa. **Must pair with 1 cup unsweetened hung curd for protein.**

5

## Horsegram Vermicelli (Breakfast)

Boil and drain. Temper with mustard/curry leaves. Add 2 cups non-starchy vegetables. Add protein: soya chunks ¼ cup cooked OR sprouts ½ cup OR 1 boiled egg chopped OR 50g cooked chicken pieces.

6

## Red Rice (Lunch)

Wash and soak ½ cup red rice. **Soak for 6–8 hours (or overnight).** Add 3× water and pressure cook for 3–4 whistles, or use a rice cooker. Perfectly fluffy every time.

7

## Health Mix Kanji (Dinner)

Cook 1 levelled cup health mix thick like a soup. Add 1–2 cups vegetables inside the kanji (spinach, beans, bottle gourd, mushroom, tomato). Add 50g shredded chicken OR 1 boiled egg chopped for extra protein. No separate soup needed.

8

## Millet Pasta (Dinner)

Boil 1 levelled cup pasta (30 g); toss with onion-tomato + capsicum/beans/mushroom + pepper. Add 50g grilled chicken pieces OR prawns for protein. Minimal oil. Start with soup first on pasta nights.

9

## Barnyard Noodles (Dinner)

Boil ¼ bunch noodles in salted water with a few drops of oil. Cook on medium flame for 7–8 minutes until tender. Drain and stir-fry with vegetables and 50g chicken/fish pieces OR 1 scrambled egg.

10

## Optifast - Meal Replacement (Dinner)

Take 3 scoops of Optifast and mix in 200 ml of slim milk.

# Your 7-Day Meal Plan:

## Monday to Sunday

### Monday

**Breakfast:** Millet Dosa (1 katori): Make batter with water, rest 10 min. Spread dosa; add grated paneer ~75 g **OR 1 scrambled egg** + onion on top; fold & cook crisp. Accompaniments: (1) Sambar (1 bowl) (2) Coconut chutney (1 tbsp).

**Lunch:** Red Rice (½ katori raw cooked) + home sambar/rasam + non-starchy poriyal/kootu (keerai/beans/bhindi/brinjal/gourds) **OR add 75g grilled chicken/fish to your meal**

**Dinner:** Optifast – 3 scoops in 200 ml milk. If hungry: 1 bowl keerai/beans/bhindi poriyal (no rice).

### Tuesday

**Breakfast:** Millet Muesli (1 katori): Mix with 1 cup thick curd; rest 5 min. Accompaniments: *Sprouts ½ cup* **OR 1 boiled egg**

**Lunch:** Home rice (portion control) or 1 chapati + rasam/kuzhambu + poriyal + dal/kootu. **Add 75g grilled chicken/fish if desired**

**Dinner:** Millet Pasta (1 katori): Boil; toss with onion–tomato + capsicum/beans + pepper. Accompaniments: 1 cup Soup 1 (Mix Veg or Palak or Mushroom or Lentil)

### Wednesday

**Breakfast:** Chocolate Millet Pancake (1 cup): 70–80 ml warm milk + ½ tsp butter; tawa cook. Accompaniments: Hung curd 1 cup (unsweetened) **OR 2 boiled eggs**

**Lunch:** Home rice (portion control) or 1 chapati + sambar + poriyal (no potato). **Add 75g grilled chicken/fish if desired**

**Dinner:** Optifast – 3 scoops in 200 ml milk. If hungry: 1 bowl keerai/beans/bhindi poriyal (no rice).

# Your 7-Day Meal Plan: Continued

## Thursday

**Breakfast:** Vermicelli (1 cup): Boil & drain; temper mustard/curry leaves; add 2 cups veg + soya chunks ¼ cup cooked **OR 50g cooked chicken pieces OR 1 boiled egg chopped**; toss.  
Accompaniments: (1) Hung Curd ½ cup

**Lunch:** Red Rice (½ katori raw cooked) + family kara kuzhambu + kootu/keerai.

**Dinner:** Health Mix Kanji (1 cup): Cook thick; add 1–2 cups veg inside (spinach/beans/bottle gourd/mushroom/tomato). Accompaniments: (1) Paneer cubes 50 g **OR 50g shredded chicken OR 1 boiled egg chopped, stirred in**

## Friday

**Breakfast:** Millet Dosa (1 cup): Uttapam style with grated carrot + onion + paneer 50–75 g **OR 1 scrambled egg**. Accompaniments: (1) Sambar (2) Tomato chutney.

**Lunch:** Home rice (portion control) or 1 chapati + dal/kootu + poriyal. **Add 75g grilled chicken/fish if desired**

**Dinner:** Optifast – 3 scoops in 200 ml milk. If hungry: 1 bowl keerai/beans/bhindi poriyal (no rice).

## Saturday

**Breakfast:** Millet Muesli (1 katori): Mix with 1 cup thick curd; rest 5 min. Accompaniments: Sprouts ½ cup **OR 1 boiled egg**

**Lunch:** Home rice (portion control) + rasam/kuzhambu + poriyal + dal/kootu. **Add 75g grilled chicken/fish if desired**

**Dinner:** Barnyard Noodles (¼ bunch): Boil; stir-fry with 2 cups veg (cabbage/beans/capsicum/mushroom) **+ 50g chicken/prawns/fish OR 1 scrambled egg**.  
Accompaniments: 1 cup Soup 1 (Mix Veg or Palak or Mushroom or Lentil)

## Sunday

**Breakfast:** Chocolate Millet Pancake (1 cup): same method. Accompaniments: (1) Hung curd 1 cup (2) cinnamon/unsweetened cocoa sprinkle (optional).

**Lunch:** Red Rice (½ katori raw cooked) + family meal (choose non-starchy veg sides). **Add 75g grilled chicken/fish to your meal if desired**

**Dinner:** Optifast – 3 scoops in 200 ml in milk. If hungry: 1 bowl keerai/beans/bhindi/poriyal (no rice)

# Take Your Journey Further

## Book Personalized Dietician Consultation

Want to customize this meal plan for your specific needs? Our expert dieticians will create a personalized plan based on your health goals, lifestyle, and preferences.



Or visit:

<https://calendly.com/thegoodweight/dietician-consultation-food-kit>

**Call/WhatsApp:** +91-9363016300

## Download Free Recipe Book

Get our comprehensive recipe book with detailed instructions for preparing all The Good Weight products. Includes nutritional info, cooking tips, and creative variations.



Or visit:

<https://thegoodweight.com/wp-content/uploads/2026/01/Recipes-For-Weight-Management-by-TheGood-Weight.pdf>

60+ Recipes | Step-by-Step Guide

# Dietician Consultations | Personalized Plan

## 30 Day Food Kit with 90+ Meals



## Order Your The Good Food Kit Online

### Everything You Need to Start or Continue Your Weight Care Journey

Your complete 30-day food kit includes all the millet-based hero products mentioned in this plan: Millet Dosa Mix, Millet Muesli, Chocolate Millet Pancake Mix, Horsegram Vermicelli, Red Rice, Health Mix, Millet Pasta, Barnyard Noodles, Optifast, Fat Burner Tea, and your measuring katori.

#### What's Included

- All 10 hero food products
- 1 Meal Replacement
- Herbal Tea (30 sachets)
- Detailed preparation guide
- Measuring katori (cup)
- 30-day meal plan
- Nutritionist Consultations (Day 1, Day 15, Day 25)

#### Order Online Now

Scan to order your kit



(or)

Click on below link to order

[\*\*Weight Loss Program with Food Kit - 1 Month - The Good Weight\*\*](#)

Free Delivery Pan India

**Call/WhatsApp: +91-9363016300**

# Your Path to Success

## Week 1: Foundation

Focus on learning the hero recipes, establishing your daily non-negotiables, and getting comfortable with portion sizes. Your body begins adapting to the new rhythm.

## Week 2: Confidence

Cooking becomes easier, cravings diminish, and energy levels stabilise. You're building sustainable habits that feel natural rather than forced.

## Week 3: Momentum

Results become visible. Your relationship with food transforms as you appreciate how nourishing, balanced meals support your wellbeing without deprivation.

## Week 4: Mastery

You've established a sustainable pattern. These aren't temporary diet rules – they're skills and habits you can carry forward long-term.

## Contact Details

**For any query or Book Dietician Consultation or Buy Food Kit Online:**

**Call / Whatsapp:** +91-9363016300

**Buy Online:** [www.thegoodweight.com](http://www.thegoodweight.com)

**Visit Centre:** The Good Weight, #330A Pilliyar Kovil Street, Thoriapakkam, Rajiv Gandhi Salai (OMR), Chennai – 600097