



 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:** $\frac{1}{2}$ levelled cup raw (30 g)
- **Noodles:** $\frac{1}{4}$ 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 Preparation 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 3x 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 ($\frac{1}{2}$ 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* $\frac{1}{2}$ 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 + $\frac{1}{2}$ 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 $\frac{1}{4}$ cup cooked OR 50g cooked chicken pieces OR 1 boiled egg chopped; toss. Accompaniments: (1) Hung Curd $\frac{1}{2}$ cup

Lunch: Red Rice ($\frac{1}{2}$ 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 $\frac{1}{2}$ 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 ($\frac{1}{4}$ 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 ($\frac{1}{2}$ 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

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