



# The Good Weight

## The Good Weight Food Kit

Welcome to your complete 30-day weight management programme. This scientifically designed meal plan features wholesome millet-based dishes, portion-controlled servings, and strategic meal timing to help you achieve your goals.

### **Perfect for:**

- ✓ Healthy eating across all age groups (including teens)
- ✓ Safe and sustainable weight loss
- ✓ Building lifelong nutrition habits

This plan is simple to use creating consistency, removing decision fatigue, and allowing your body to adapt naturally.

# Daily Habits and Portion Guidelines

## Essential Daily Habits

- **Workout:** 8000-10000 steps daily. Post-meal walks (after 20 mins) are especially beneficial.
- **Before breakfast: InflammEase Brew** (replaces your morning tea)
- **With breakfast:** 5 soaked almonds + 2 soaked walnuts
- **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).

## 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

# The Good Weight - Monthly Food Kit

Product	Total Quantity	Serving Size	Katori	Covers
<b>Wake Up</b>				
InflamEase Tea	30 tea bags	1 bag	1 tea bag	30 Days
<b>Breakfast Options</b>				
Millet Dosa	300 gm	~30 gm	1 katori	10 Days
Horsegram Vermicelli	150 gm	~25 gm	1 katori	6 Days
Millet Muesli	200 gm	~25 gm	1 katori	7 Days
Millet Pancake Mix	200 gm	~25 gm	1 katori	7 Days
<b>Lunch Options</b>				
Red Rice	300 gm	~30 gm	1/2 katori	10 Days
Black Rice	300 gm	~30 gm	1/2 katori	10 Days
Barnyard Millet	250 gm	~25 gm	1/2 katori	10 Days
<b>Dinner Options</b>				
Foxtail Millet Pasta	180 gm	~30 gm	1 katori	6 Days
Barnyard Millet Noodles	180 gm	~45 gm	1/4 bunch	4 Days
Barnyard Millet	250 gm	~25 gm	1/2 katori	10 Days
Health Mix	200 gm	~20 gm	1/2 katori	10 days

# Food Products Preperation Method

1

## InflamEase Brew (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) + 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.

6

## Red Rice / Black Rice (Lunch)

Wash and soak ½ cup 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). No separate soup needed.

8

## Millet Pasta (Dinner)

Boil 1 levelled cup pasta (30 g); toss with onion-tomato + capsicum/beans/mushroom + pepper. 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 you're ready to stir-fry

10

## Barnyard Millet (Grains)

Wash and soak ½ cup barnyard millet. **Soak for 1–2 hours.** Add 3× water and pressure cook for 3–4 whistles, or use a rice cooker. Perfectly fluffy every time.

# Your 30 Days Meal Plan

Date of Month	Wake Up	Breakfast (1 katori)	Lunch (½ katori)	Dinner
1/11/21	InflamEase Tea (1 tea bag)	Millet Dosa + Paneer 75g + Sambar + Chutney	Red Rice + Sambar/Rasam + Poriyal + Dal	Foxtail Pasta (1 katori) + Veg + Soup
2/12/22	InflamEase Tea (1 tea bag)	Horsegram Vermicelli + Veg + Paneer + Hung Curd	Black Rice + Sambar/Rasam + Poriyal + Dal	Barnyard Noodles (¼ bunch) + Veg + Soup
3/13/23	InflamEase Tea (1 tea bag)	Millet Muesli + Thick Curd + Sprouts ½ cup	Barnyard Millet + Sambar/Rasam + Poriyal + Dal	Health Mix (½ katori) + Veg + Paneer 50g
4/14/24	InflamEase Tea (1 tea bag)	Millet Pancake + Milk 70ml + Hung Curd	Red Rice + Sambar/Rasam + Poriyal + Dal	Barnyard Millet (½ katori) + Veg + Paneer 50g
5/15/25	InflamEase Tea (1 tea bag)	Millet Dosa + Paneer 75g + Sambar + Chutney	Black Rice + Sambar/Rasam + Poriyal + Dal	Health Mix (½ katori) + Veg + Paneer 50g
6/16/26	InflamEase Tea (1 tea bag)	Horsegram Vermicelli + Veg + Paneer + Hung Curd	Barnyard Millet + Sambar/Rasam + Poriyal + Dal	Foxtail Pasta (1 katori) + Veg + Soup
7/17/27	InflamEase Tea (1 tea bag)	Millet Muesli + Thick Curd + Sprouts ½ cup	Red Rice + Sambar/Rasam + Poriyal + Dal	Barnyard Millet (½ katori) + Veg + Paneer 50g
8/18/28	InflamEase Tea (1 tea bag)	Millet Pancake + Milk 70ml + Hung Curd	Black Rice + Sambar/Rasam + Poriyal + Dal	Health Mix (½ katori) + Veg + Paneer 50g
9/19/29	InflamEase Tea (1 tea bag)	Millet Dosa + Paneer 75g + Sambar + Chutney	Barnyard Millet + Sambar/Rasam + Poriyal + Dal	Barnyard Noodles (¼ bunch) + Veg + Soup
10/20/30	InflamEase Tea (1 tea bag)	Millet Muesli + Thick Curd + Sprouts ½ cup	Red Rice + Sambar/Rasam + Poriyal + Dal	Barnyard Millet (½ katori) + Veg + Paneer 50g

# 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