

# Task 1 & Task 2

## Script 1

Stop eating the chai biscuit combo if you truly want to lose weight.

What I have seen is people endlessly eating that laid over biscuit packet

And you won't believe controlling your cravings is the only HARDEST part if you are on a journey of losing weight

And it's impossible to lose FAT without planning your meal.

Here's how you can do it easily (Don't skip the 5th part)

1) Build the 3- Meal day and start with

- Breakfast 7-10 am
- Lunch 12-2 pm
- Dinner 6-8:30 pm
- NO snack between meals
- Only water, black coffee, chaas or diet coke

2) Replace snacking with rules

- If you are extremely hungry, increase the next meal protein or veggies.
- Coffee before 3 pm
- Stop eating the chai biscuit or mithai here & there.

3) Each meal should be with 30-50 g protein.

- You can either take it with with eggs, paneer, chicken, or tofu
- Don't make it complex with quantity, just aim for hand- sized protein per meal.

4) Build your plate in order, it's simple,

- You can start with salad ( especially if you are someone overeat)
- Then protein
- And carbs last

But why am I talking about this order? Because it cuts cravings and keeps energy stable.

5) The important part and best part

- You need to keep the meals the same every day, and that's doable, if you're serious about losing weight.
- But you can change the fruits, salads or vegetables

Long story short, you just need to avoid complicating protein and carbs on which your body functions.

## Script 2

You all be eating, 5-7 times a day mindlessly..... and then eating Daal Rice just to compensate for it.

Let me tell you this, you need to stop grazing and start eating like an adult.

That's all you need to start losing fat in the next 30 days.

And you know what-you need to forget 5-6 meals and endless snacking.

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## Assignment 2

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