



SAFFRON IRON COACHING

Your Month 1 Food Guide

PRO PLAN · MONTH 1 · VEGETARIAN · PUNE

Built Around You	
Diet	Vegetarian, Maharashtrian home cooking, cooks for herself on weekdays
Daily Target	1,650 kcal
Protein Target	110 g a day, never below 95 g
Working Around	Hypothyroidism: daily morning tablet on an empty stomach
Also Noted	Desk job, long workdays, heavy snacking around 9 pm
Not Used	Detox drinks, meal skipping, anything that needs a food scale

Priya, this is not a calorie chart. It is built around three things in your real life: your thyroid tablet every morning, your vegetarian home cooking, and the 9 pm snacking that shows up after long workdays. Every number here matches your workout plan, so the two documents never disagree.

Prepared by Coach Meera · @saffroniron.coach

SAMPLE DOCUMENT FOR DEMONSTRATION. FICTIONAL BRAND AND CLIENT.

Read This First: I Am Not Your Doctor

I am your coach, not a doctor or a dietitian. If your doctor tells you something different from what is in here, they are right and I am wrong. Show them this PDF if that helps.

Condition	What It Actually Changes For You
Hypothyroidism, daily tablet	Your morning is built around the tablet: empty stomach, a gap before breakfast, and dairy, soy and tea kept away from it.
Thyroid and fat loss	Fat loss can run a little slower. We judge progress on a 4-week trend, never on a single weigh-in.

Ask your doctor: 1. How long should I wait after my tablet before breakfast and tea? 2. How many hours should I keep milk, curd, paneer and soy away from the tablet? 3. Do any supplements I take, such as iron or calcium, need their own timing? 4. When is my next thyroid blood test due?

- **If something hurts, it is out.** If any food or timing in this guide makes you feel unwell, stop it and tell me. Your symptoms beat this PDF.

Your Morning Tablet Window

Everything in your day starts from one fixed point: the tablet. Get the first four hours right and the rest of the plan is ordinary home food.

Time	What	Why
6:30 am	Tablet with a full glass of plain water	An empty stomach helps it absorb fully
6:30 to 7:30 am	Water only. Get ready, short walk	Food, tea and coffee in this window can reduce absorption
7:30 am	Breakfast with no milk, curd or paneer	Protein from moong, besan or sprouts instead
10:30 am onwards	Milk, curd, paneer, tofu and soya are back in	About 4 hours after the tablet. Confirm the exact gap with your doctor

Why this matters: Calcium and soy can bind to the tablet in your gut. Moving them later in the day means you get the full dose without giving up your best protein foods.

Your Numbers

Target	Number	Why This Number
Calories	1,650 kcal	About 500 below your daily burn of roughly 2,150 kcal, so you lose about 2 kg a month (0.5 kg a week) without losing muscle
Protein	110 g, never below 95 g	About 1.7 g per kg of your 64 kg goal weight. Protects muscle while you lose fat and keeps you full. 95 g is the floor you hit every single day
Fat	About 45 g	Never below 20% of calories. Your hormones, thyroid included, need it
Carbs	About 195 g	Fuel for four gym sessions, mostly from roti, rice and fruit
Water	2.5 to 3 L	More on gym days and hot Pune afternoons

Measuring without weighing

Measure	Use	Roughly
Palm	Paneer, tofu, soya portion	20 to 25 g protein
Cupped hand	Rice, poha, upma	About 30 g carbs
Fist	Cooked vegetables	Fill up on these
Thumb tip	Oil, ghee, peanut butter	About 5 g fat
One medium katori	Dal or sabji	One standard serving
One roti	Medium, no extra ghee	70 to 80 kcal

Your Protein Sources

Food	Serving	Protein	Notes
Hung curd / Greek yogurt	200 g	20 g	After 10:30 only. Your best snack
Soya chunks	40 g dry	21 g	After 10:30 only (soy). Pulao or curry
Paneer	100 g	18 g	After 10:30 only. Bhurji or tikka, go easy on oil
Tofu	150 g	18 g	After 10:30 only (soy). Bhurji with onion and capsicum
Moong dal chilla	2 medium	12 g	Safe for breakfast, no dairy needed
Besan chilla	2 medium	10 g	Safe for breakfast. Keep the paneer filling for later
Dal, rajma or chana	1 katori cooked	8 to 10 g	Lunch and dinner staple
Roasted chana	40 g	8 g	Desk snack, travels well
Milk	250 ml	8 g	After 10:30, or at night
Moong sprouts	1 katori	7 g	Breakfast or evening chaat
Whey protein (optional)	1 scoop	24 g	A gap-closer, never the base. Ask your doctor first, then take it after 10:30

What 110 g looks like: Moong chilla breakfast (12 g), hung curd at 11 (20 g), lunch with dal, paneer and 2 roti (33 g), roasted chana (8 g) and soya pulao dinner (24 g) adds up to 97 g. One scoop of whey on gym days takes you past 110 g.

The Honest Page: The 9 pm Snack

Priya, from your form: on long workdays you eat very little until evening, then snack hard around 9 pm. That is not a willpower problem. Under-eating during the day makes the evening hunger inevitable.

- **Front-load protein.** The 11 am curd and a proper lunch are what stop the 9 pm raid.
- **Plan the snack.** Roasted chana or a protein shake at 5 pm, before you leave work.
- **Keep a yes-snack at home.** Hung curd with fruit, or roasted makhana, so the choice is already made.

The rule: If you snack at 9 pm, log it and move on. One snack does not undo a week. Hiding it is the only thing that does.

Your Allowance: The Daily Sweet Slot

You are not banned from sweets. You get up to 150 kcal of something sweet every day, and eating it is following the plan, not breaking it.

Option	Roughly
2 pieces kaju katli	About 100 kcal
2 squares dark chocolate	About 110 kcal
Half katori kheer with toned milk	About 140 kcal
1 small gulab jamun	About 150 kcal

- **Eating out:** Twice a week is fine. Pick one roti or rice, a dal or paneer dish, and skip the extra butter.
- **Festivals and family meals:** Enjoy the day. No compensation fasting the next day, just back to plan at the next meal.

Your Day, Structured

Time	What	Why This Slot
6:30 am	Tablet, plain water	Empty stomach
7:30 am	Breakfast: chilla or sprouts, no dairy	Protein without blocking the tablet
11:00 am	Hung curd with fruit, tea if you want it	Dairy now clear of the tablet window
1:30 pm	Lunch: 2 roti or rice, dal, paneer or sabji, salad	Biggest protein meal of the day
5:00 pm	Roasted chana or whey, before leaving work	Stops the 9 pm snack
6:30 pm	Gym days: train	Fuelled from lunch and the 5 pm snack
8:30 pm	Dinner: soya, tofu or dal with roti or rice	Protein after training
9:30 pm	Milk, only if protein is short	Easy top-up

Two Sample Days

Day A: gym day

Meal	What	Protein
7:30	2 moong dal chilla, mint chutney	12 g
11:00	200 g hung curd with an apple	20 g
Lunch	2 roti, 1 katori dal, 100 g paneer bhurji, salad	33 g
5:00	40 g roasted chana	8 g
Dinner	Soya pulao (40 g dry soya), cucumber raita	24 g
After gym	1 scoop whey in water	24 g
Total		121 g

Day B: rest day

Meal	What	Protein
7:30	2 besan chilla, green chutney	10 g
11:00	250 ml milk with a banana	8 g
Lunch	1.5 katori rajma, rice, 100 g paneer tikka	31 g
5:00	1 katori sprouts chaat	7 g
Dinner	150 g tofu bhurji, 2 roti, sabji	24 g
9:30	200 g hung curd	20 g
Total		100 g

What To Send Me Each Week

- **Sunday weight:** First thing in the morning, after the bathroom, before food or water.
- **One lunch photo:** A typical plate, so I can see real portions.
- **Protein days:** How many days you hit 95 g. A rough count is fine.
- **Tablet timing:** Any day the morning window slipped, and what happened.
- **Energy and hunger:** Each out of 10.

Why: These five things tell me whether to change your numbers or leave them alone. Without them I am guessing.

The Last Word

Priya, this month has three jobs: tablet first and dairy after 10:30, protein above 95 g every day, and a planned 5 pm snack so 9 pm stops running the show. Do those and the scale takes care of itself.

Message me any time something in here does not fit your real day, and we fix it together.

Questions about your plan? DM [@saffroniron.coach](#) on Instagram.