

How the program works..

Weekly Videos

Weekly Goals

Weekly Sessions

Weekly Support - WhatsApp

Weekly Checks and Accountability

Whats App

Beyond Weight Loss (for personal messages)

Community

Beyond Weight Loss (Facebook Community)

Beyond Weight Loss





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True Living

Your path to a happy, balanced, joyful and more meaningful life

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Courses

Subscription Plan

Account Settings

Beyond Weight Loss Month 1-2

Week 1

Week 2

Week 3

Week 4

📄 Beyond Weight Loss Month 1-2

< Go back to Dashboard

Week 1
4 Topics

- Beyond Weight Loss- Intro
- Gut Health Phase 1
- Sugar Addiction
- PDF Material

Week 2
4 Topics

Week 3
3 Topics

Week 4
3 Topics

Week 1

Beyond Weight Loss Month 1-2 > Week 1

📄 Lesson Content

Beyond Weight Loss- Intro

Gut Health Phase 1

Sugar Addiction

PDF Material

Home Work

Send a Whatsapp text to the group saying..

Hi Everyone, My name is And here is my intention.... →

My intention....

3 most important things I need to do for my health:

- 1.
- 2.
- 3.

My Motivation.....

My Identity Statements are:

- 1.
- 2.
- 3.

My SMART goals for next 6 months are

- 1.
- 2.
- 3.

5:55 PM ✓✓

Home Work - To get you ahead

Beyond Weight Loss Month 1-2 <

< Go back to Dashboard

Week 1 4 Topics

- Beyond Weight Loss- Intro
- Gut Health Phase 1
- Sugar Addiction
- PDF Material

Week 2 4 Topics

Week 3 3 Topics

Week 4 3 Topics

PDF Material

Beyond Weight Loss Month 1-2 > Week 1 > PDF Material

1. Eastern Non-Vegetarian Meal Plan
2. Eastern Non-Vegetarian Grocery List & Meal Prep Guide
3. Eastern Vegetarian Meal Plan
4. Eastern Vegetarian Grocery List & Meal Prep Guide
5. Western Non-Vegetarian Meal Plan
6. Western Non-Vegetarian Grocery List
7. Western Vegetarian Meal Plan
8. West Vegetarian Grocery List
9. Create Meal Plan PDF
10. Gut Health Phase 1 PowerPoint

Meal Plan - Example Pictures

MONDAY	B - Chai / Gatha	<input type="checkbox"/>
	L - Fruit / Veg	<input type="checkbox"/>
	D - Fish + Veggies	<input type="checkbox"/>
TUESDAY	B - Chai + Fruit	<input type="checkbox"/>
	L - Chick / Salad	<input type="checkbox"/>
	D: Chicken Ramen	<input type="checkbox"/>
WEDNESDAY	B - Avocado / ^{Boiled} Egg	<input type="checkbox"/>
	L - Fruit / Veggies	<input type="checkbox"/>
	D - Fish / ^{evilled} Veggies	<input type="checkbox"/>
THURSDAY	B - Cold Oats	<input type="checkbox"/>
	L - Fruit / Veg.	<input type="checkbox"/>
	D - Daal Bhaji	<input type="checkbox"/>
FRIDAY	B - Sunny Side up Egg	<input type="checkbox"/>
	L - Fruit / Veggies	<input type="checkbox"/>
	D - Strip Fry Shrimp	<input type="checkbox"/>
SATURDAY	B - Cold Oats	<input type="checkbox"/>
	L - Fruit / Veg	<input type="checkbox"/>
	D - Salad / Meat	<input type="checkbox"/>
SUNDAY	B: Omelet	<input type="checkbox"/>
	L - Fruit + Veg	<input type="checkbox"/>

	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Vege Omelet	Daal Pancake	Boiled eggs	Vege Omelet	Daal Pancake
Lunch	Fish with stir fry vege	Daal and vege kabab Mulligatawny soup- compliant version	Pesto chicken with green beans and cherry tomatoes	Chickpea salad w/ Guac chutney	Tom Yum soup and basil stir fry
Dinner	Chickpea salad w/ Guac chutney Cilantro soup	Masoor daal dosa with shredded chicken	Channa daal and spinach fritters and hot and sour soup- no cornstarch	Mediterranean - TBD	Shrimp fried rice made with cauliflower rice