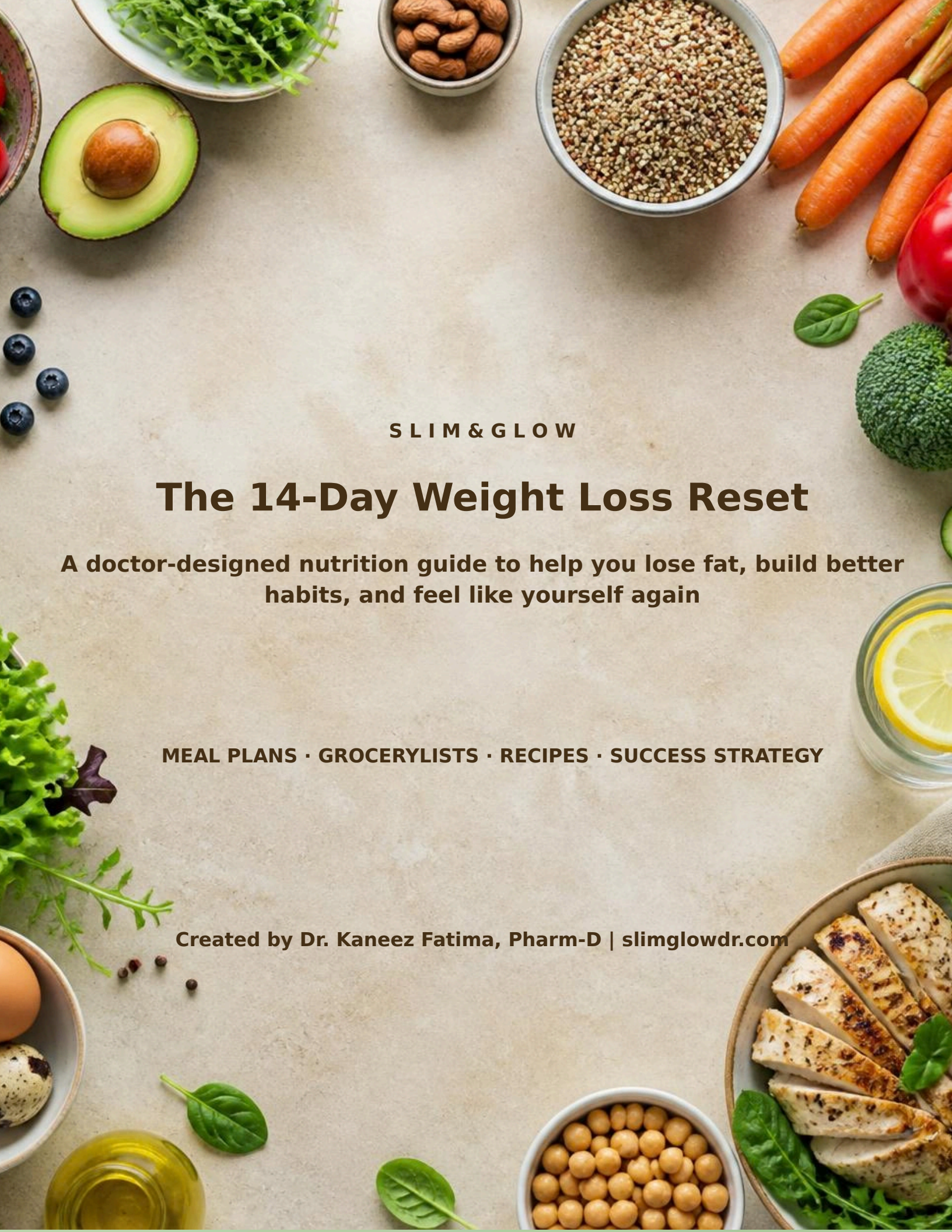




SLIM & GLOW

The 14-Day Weight Loss Reset

A doctor-designed nutrition guide to help you lose fat, build better habits, and feel like yourself again

MEAL PLANS • GROCERYLISTS • RECIPES • SUCCESS STRATEGY

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W E L C O M E

Before You Begin

Hi, I'm Dr. Kaneez Fatima. I hold a Pharm-D degree and have spent years working in clinical practice and health education. I built this guide because most weight-loss plans online are either too extreme to sustain or too vague to actually follow. This one is neither. The Slim & Glow Reset is a structured, realistic 14-day plan built around whole foods, balanced macronutrients, and a moderate calorie deficit, the combination that the research on sustainable weight loss consistently supports. There are no teas, no pills, and no starvation days. Just a clear plan you can actually follow, repeat, and adapt.

What's inside:

The science of how fat loss actually works, 8 ground rules for success, a full 14-day meal-by-meal plan, a categorized grocery shopping list, 10 easy recipes, a troubleshooting section for plateaus and cravings, and an FAQ.

How to use this guide:

Read the "How This Works" section once, then treat the 14-day plan as a template. Repeat it for as many weeks as you need, swapping meals within the same category (breakfast for breakfast, etc.) once you're comfortable with the structure. Weigh yourself once a week, not daily, and track how your clothes fit and your energy feels.



How This Plan Works

Fat loss happens when your body consistently uses more energy than it takes in. This plan creates that gap in a moderate, sustainable way; not through extreme restriction, which tends to back fire through muscle loss, metabolic slow down, and rebound eating.

1. A Moderate Calorie Deficit

This plan is built around roughly 1,400-1,600 calories per day for most adult women aiming for gradual fat loss (about 0.5-1 kg per week). If you are taller, more active, or male, you can add an extra snack or slightly larger portions. The goal is a moderate deficit, not the lowest number possible.

2. Protein at Every Meal

Protein preserves lean muscle while you're in a deficit and keeps you fuller for longer. Every meal in this plan includes a clear protein source like eggs, poultry, fish, legumes, yogurt, or paneer.

3. Fiber and Volume

Vegetables, legumes, and whole grains add volume and fiber so meals feel satisfying at fewer calories, and they support digestion and stable blood sugar.

4. Consistency Over Perfection

You don't need to follow this plan with 100% precision to see results. Aim for 80-90% adherence, and don't let one off-plan meal turn into an off-plan week.

A note on safety:

This guide is educational and is not a substitute for individualized medical advice. If you are pregnant, breastfeeding, managing diabetes, have a history of disordered eating, or have any other medical condition, please consult your doctor before starting any new eating plan.

GROUND RULES

8 Rules for Success

1. Drink water first

Start each day with a glass of water and aim for 8-10 glasses total. Thirst is often mistaken for hunger.

2. Never skip breakfast

A protein-rich breakfast reduces cravings later in the day.

3. Eat slowly

It takes about 20 minutes for your brain to register fullness.

4. Plan your plate

Half vegetables, a quarter protein, a quarter whole grains or starch.

5. Sleep 7+ hours

Poor sleep raises hunger hormones and cravings for sugar and fat.

6. Move daily

Even a 20-30 minute walk supports fat loss and mood.

7. Limit liquid calories

Juices, sweetened tea, and soft drinks add up fast. Water, plain tea/coffee, and milk water in moderation are best.

8. Prep ahead

Cook proteins and chop vegetables in batches so healthy choices are the easy choices.

THE PLAN

Your 14-Day Meal Plan

Each day totals roughly 1,400-1,600 calories. Swap any meal for another meal in the same slot from a different day if you want variety. Recipes marked with a leaf (★) are included in the Recipes section.

Day 1

BREAKFAST	Vegetable oats ★ with 2 boiled eggs
SNACK	1 small apple + 8 almonds
LUNCH	Grilled chicken breast, 1 cup brown rice, sautéed spinach
SNACK	1 cup plain yogurt with cucumber & mint
DINNER	Lentil soup ★, side salad with lemon dressing

Day 2

BREAKFAST	2 egg-white omelet with tomato & onion, 1 slice whole wheat toast
SNACK	1 orange
LUNCH	Grilled fish, quinoa pilaf ★, roasted zucchini
SNACK	Handful of roasted chick peas
DINNER	Chicken & vegetable stir-fry, small bowl of rice

Day 3

BREAKFAST	Greek yogurt parfait ★ with berries & chia seeds
SNACK	1 boiled egg
LUNCH	Chickpea salad ★ with feta and olive oil
SNACK	Carrot & cucumber sticks with 2 tbsp hummus
DINNER	Baked salmon or tilapia, steamed broccoli, half cup rice

Your 14-Day Meal Plan

(Continued)

Day 4

BREAKFAST	Vegetable + broken wheat porridge with a boiled egg
SNACK	1 small banana
LUNCH	Grilled turkey or chicken kebabs, side salad, 1 small chapati
SNACK	1 cup buttermilk (unsweetened)
DINNER	Paneer tikka ★, sautéed vegetables

Day 5

BREAKFAST	Smoothie ★ strawberries, blueberries, raspberries, banana
SNACK	Handful of walnuts (6-8)
LUNCH	Beef or chicken bowl with black beans, brown rice, salsa
SNACK	1 pear
DINNER	Vegetable & lentil khichdi, cucumberraita

Day 6

BREAKFAST	chickpea flour cheela with mint sauce (freshly prepared)
SNACK	1 boiled egg + cherry tomatoes
LUNCH	Grilled chicken Caesar-style salad (light dressing)
SNACK	1 cup papaya or melon
DINNER	Shrimp or tofu stir-fry with mixed peppers, small rice

Day 7 — Flex Day

Choose your favorite combination from Days 1-6. This is a good day for a planned, portioned treat if you'd like one. A slightly larger dinner out, or a dessert eaten mindfully, still keeping the rest of the day light.

Your 14-Day Meal Plan

(Continued)

Day 8

BREAKFAST	Vegetable oats ★ with 2 boiled eggs
SNACK	1 small apple + 8 almonds
LUNCH	Grilled fish, quinoa pilaf ★, roasted zucchini
SNACK	Handful of roasted chickpeas
DINNER	Lentil soup ★, side salad with lemon dressing

Day 9

BREAKFAST	Greek yogurt parfait ★ with berries& chia seeds
SNACK	1 orange
LUNCH	Chicken & vegetable stir-fry, small bowl of rice
SNACK	Carrot & cucumber sticks with 2 tbsp hummus
DINNER	Baked salmon or tilapia, steamed broccoli, half cup rice

Day 10

BREAKFAST	2 egg-white omelet with tomato & onion, 1 slice whole wheat toast
SNACK	1 small banana
LUNCH	Chickpea salad ★ with feta and olive oil snack, 1 cup buttermilk
DINNER	Paneer tikka ★, sautéed vegetables

Day 11

BREAKFAST	Vegetable oat with a boiled egg
SNACK	Handful of walnuts (6-8)
LUNCH	Grilled turkey or chicken kebabs, side salad, 1 small chapati
SNACK	1 pear
DINNER	Vegetable & lentil khichdi, cucumbers raita

Your 14-Day Meal Plan

(Continued)

Day 12

BREAKFAST	Smoothie ★ strawberries, blueberries, raspberries, banana
SNACK	1 boiled egg + cherry tomatoes
LUNCH	Beef or chicken bowl with black beans, brown rice, salsa
SNACK	1 cup papaya or melon
DINNER	Shrimp or tofu stir-fry with mixed peppers, small rice

Day 13

BREAKFAST	Besan cheela with mint chutney
SNACK	1 small apple + 8 almonds
LUNCH	Grilled chicken Caesar-style salad (light dressing)
SNACK	Handful of roasted chickpeas
DINNER	Baked salmon or tilapia, steamed broccoli, half cup rice

Day 14 — Reflection Day

ALL MEALS

Repeat any favorite day from Days 1-13. Take your Day 14 measurements, and jot down 3 habits from this guide you want to keep long-term.

S H O P P I N G

Your Grocery List

Proteins

- Eggs (2 dozen)
- Chicken breast
- Fish (salmon/tilapia)
- Shrimp (optional)
- Turkey mince (optional)
- Paneer
- Greek yogurt / plain yogurt
- Lentils
- Chickpeas & black beans (canned or dry)
- Tofu (optional)

Grains & Starches

- Rolled oats
- Brown rice
- Quinoa
- Whole wheat bread
- Whole wheat flour (atta)
- Broken wheat (daliya)
- Besan (chickpea flour)

Vegetables

- Spinach, mixed greens
- Tomatoes, onions
- Cucumber, zucchini
- Broccoli
- Bell peppers
- Carrots
- Mixed salad vegetables

Fruits

- Apples
- Oranges
- Pears
- Bananas
- Berries (fresh or frozen)
- Papaya or melon

Pantry & Extras

- Olive oil
- Cooking oil
- Ghee
- Almonds
- Walnuts
- Chia seeds
- Peanut butter (natural)
- Hummus
- Feta cheese (optional)
- Herbs
- Spices
- Lemon
- Unsweetened milk



RECIPES

10 Easy Recipes

1. Vegetable Oats

Ingredients:

- 1/2 cup rolled oats
- 1 cup water or milk
- 1/4 cup chopped mixed vegetables (carrot, peas, spinach)
- 1 tsp oil
- Cumin seeds
- Salt,
- Pepper.

Method:

Heat oil, add cumin, sauté vegetables 2-3 minutes. Add oats and water, simmer 5 minutes until thick. Season and serve warm.



RECIPES

(Continued)

2. Greek Yogurt Parfait

Ingredients:

- 1 cup plain Greek yogurt
- 1/2 cup mixed berries
- 1 tbsp chia seeds
- a few crushed nuts

Method:

Layer yogurt, berries, and chia seeds in a glass. Top with crushed nuts. No cooking needed.

3. Lentil Soup

Ingredients:

- 1 cup red lentils
- 3 cups water
- 1 tomato
- 1/2 onion
- 1 tsp cumin
- 1/2 tsp turmeric
- Garlic
- Ginger
- Salt
- Oil.

Method:

Boil lentils with turmeric until soft (about 15 min). In a separate pan, sauté onion, garlic, ginger, cumin, and tomato in oil to make a tempering. Stir into the lentils and simmer 5 more minutes.

RECIPES

(Continued)

4. Quinoa Pilaf

Ingredients:

- 1 cup quinoa
- 2 cups water/broth
- 1/2 onion diced
- 1 clove garlic
- Mixed vegetables
- 1 tbsp olive oil.

Method:

Rinse quinoa. Sauté onion and garlic in oil until soft, add vegetables, then quinoa and water. Cover and simmer 15 minutes until liquid is absorbed. Fluff with a fork.



RECIPES

(Continued)

5. Chickpea Salad

Ingredients:

- 1.5 cups boiled chickpeas
- Chopped cucumber
- Tomato
- Red onion
- 2 table spoon crumbled feta
- Olive oil
- Lemon juice
- Salt
- Pepper.

Method:

Toss all ingredients together with olive oil and lemon juice. Chill 10 minutes before serving for best flavor.

6. Paneer Tikka

Ingredients:

- 200g paneer cubes
- 1/2 cup yogurt
- 1 tsp each ginger-garlic paste
- Red chili powder
- Lemon juice
- Bell peppers
- Onion

Method:

Mix yogurt with spices to make a marinade. Coat paneer and vegetables, marinate 20 minutes. Pan-grill or oven-bake at 200°C for 15 minutes, turning once.

RECIPES

(Continued)

7. Pink Smoothie

Ingredients:

- 1/2 cup strawberry
- 1/2 cup blueberries
- 1/2 cup raspberries
- 1 banana
- 1 tbsp chia seeds and almonds
- 1 cup milk
- Ice.

Method:

Blend everything until smooth. Add more milk to thin if needed.



RECIPES

(Continued)

8. Besan Cheela

Ingredients:

- 1/2 cup chickpea flour
- Water
- Chopped onion
- Tomato
- Green chili
- Coriander
- Salt
- Oil

Method:

Whisk chickpea flour with water into a smooth batter, stir in vegetables and seasoning. Cook like a thin pan cake on a lightly oiled pan, 2 minutes per side.

9. Vegetable & Lentil Khichdi

Ingredients:

- 1/2 cup rice
- 1/2 cup split yellow lentil
- Mixed vegetables
- Turmeric
- Cumin
- Ginger
- Salt
- 1 tsp ghee

Method:

Rinse rice and lentil together. Add to a pot with vegetables, turmeric, and enough water. Cook until soft and porridge-like (20–25 min). Finish with a light cumin-ghee tempering.

RECIPES

(Continued)

10. Shrimp or Tofu Stir-Fry

Ingredients:

- 200g shrimp or firm tofu
- Mixed bell peppers
- Broccoli
- Garlic
- Soy sauce
- 1 tbsp oil
- Sesame seeds

Method:

Heat oil, stir-fry garlic, then vegetables for 3-4 minutes. Add shrimp or tofu and soy sauce, cook until shrimp is pink or tofu is warmed through, about 5 minutes.



STAYING ON TRACK

Troubleshooting & Plateaus

"I hit a plateau — the scale hasn't moved in over a week."

This is completely normal and doesn't mean the plan has stopped working. Water retention, hormonal cycles, and muscle gain can all mask fat loss on the scale short-term. Give it two full weeks before making changes, and track waist measurement or how clothes fit alongside weight.

"I'm dealing with strong cravings."

Cravings often spike with poor sleep, high stress, or under-eating protein. Make sure you're hitting the protein target at each meal, drinking enough water, and getting enough sleep. If a craving hits, wait 10 minutes and have a glass of water first.

"I went off-plan at a family event or restaurant."

One meal will not undo your progress. Simply return to the plan at your very next meal. No need to skip meals or "make up for it" the next day, which usually backfires into overeating.

"I'm always hungry between meals."

Add an extra snack from the grocery list (a boiled egg, yogurt, or a handful of nuts) rather than tolerating hunger. Being overly hungry usually leads to overeating later.

"I don't like a lot of the ingredients."

Swap freely within the same food group, any lean protein for another, any non-starchy vegetable for another. The structure matters more than the exact ingredient.

FAQ & Disclaimer

Can I repeat this plan after 14 days?

Yes, this plan is designed to be repeated in cycles. Many people run it for 4–8 weeks, adjusting portions as they lose weight and their calorie needs change.

Can I follow this if I'm vegetarian?

Yes, simply replace chicken, fish, and shrimp with paneer, tofu, legumes, or eggs (if you eat eggs). The lentil, chickpea, and paneer meals already fit a vegetarian pattern.

Do I need to exercise for this to work?

No, the meal plan alone is built to create a deficit. That said, adding movement, even walking speeds progress and protects muscle mass, and is strongly recommended.

What if I have diabetes, thyroid issues, or I'm on medication?

Please consult your doctor or pharmacist before starting, since calorie changes can affect medication needs and blood sugar management.

Medical Disclaimer: This guide is for general educational and informational purposes only and does not constitute medical or nutritional advice for any individual. It is not intended to diagnose, treat, cure, or prevent any disease. Individual calorie and nutrient needs vary based on age, sex, activity level, and health status. Always consult a qualified healthcare provider before beginning any new diet or exercise program, especially if you are pregnant, nursing, under 18, elderly, or managing a medical condition. The author and slimglowdr.com are not liable for any outcomes resulting from use of this guide.

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