



CREATED BY GYMNASIUM

CALCULATE YOUR CALORIES

STEP 1:

CALCULATE YOUR BMR

Calculate it by using free BMR Mobile App or online BMR online calculator.

STEP 2:

MULTIPLY BMR WITH 1.8

$BMR \times 1.8 = \text{Daily Calories}$

STEP 3:

MACRO BREAKDOWN

Carbs 50%

Protein 30%

Fat 20%

Macros can be increase or decreased by 5% if needed

STEP 4:

SPLIT CALORIES INTO 6-7 MEALS

Divide your daily calories into 7 meals

Nutrition Plan below is based on 3000 calories per day.

Macro Breakdown is Carbs 1500cal (**50%**) / Protein 900cal (**30%**) / Fat 600cal (**20%**)

Carbs = 375g | Protein = 225g | Fat = 66g

Please adjust your calories based on your daily calorie requirement.

NUTRITION PLAN

MEAL 1 - BREAKFAST

GRAPE OATS

INGREDIENTS	QUANTITY	CARB	PROTEIN	FATS
OATS	2/3 CUP	41G	5G	5G
WHEY PROTEIN	1 SCOOP	0G	24G	0G
MIXED FRUITS	1/2 CUP	20G	0G	0G
PEANUT BUTTER	1 SPOON	3G	3G	7G
CINNAMON	2G	0G	0G	0G
CHIA OR FLAX SEEDS (OPTIONAL)	2 SPOON	—	—	—
TOTAL		64G	32G	12G

INSTRUCTIONS

You can replace some ingredients and add Quinoa, walnuts, almonds, eggs, etc so you will get different flavors from diff food.

SUPPLEMENTS:

1 Serving of Multivitamins (Optional)



MEAL 2 - SNACK

EGG BANANA TOAST

INGREDIENTS	QUANTITY	CARB	PROTEIN	FATS
MULTI GRAIN BREAD	2 SLICES	30G	4G	2G
BANANA	1	20G	0G	0G
WHOLE EGG	2	0G	12G	10G
FAT FREE MILK	240ML	10G	12G	0G
TOTAL		60G	28G	12G
INSTRUCTIONS You can replace meal with Smoothie, Bread Omelette, etc				
SUPPLEMENTS: 1 Serving Whey if you want to have Smoothie (Optional)				

MEAL 3 - LUNCH

POTATO BURGER

INGREDIENTS	QUANTITY	CARB	PROTEIN	FATS
WHEAT BUN	1	30G	4G	2G
SWEET POTATO	50G	20G	0G	0G
FAT FREE CHEESE	1 SLICE	0G	5G	5G
EGG OMELETTE	5	0G	20G	0G
VEGGIES	MIX	5G	0G	0G
KETCHUP	1 SPOON	5G	0G	0G
TOTAL		60G	29G	7G
INSTRUCTIONS You can replace Bun with Slice of wheat bread. You can Roti with potato and omelet. You can have Fish and rice with veggies. You can have Rice with chicken and salad.				
SUPPLEMENTS: — — None — —				

MEAL 4 - SNACK

SUPER CHANNA

INGREDIENTS	QUANTITY	CARB	PROTEIN	FATS
ROASTED OR BOILED CHICKPEAS	1 CUP	38G	10G	3G
PEANUTS	1/4 CUP	6G	6G	12G
ONION & TOMATO	4 SPOONS	—	—	—
LEMON	1/2	0G	0G	0G
BOILED EGGS	5	0G	20G	0G
MEDIUM BANANA	1	20G	0G	0G
TOTAL		64G	36G	15G
INSTRUCTIONS You can have Oatmeal. Yo can have banana with bread and milk. You can have protein carbs smoothie. SUPPLEMENTS: — — None — —				

MEAL 5 - DINNER

CHICKEN RICE

INGREDIENTS	QUANTITY	CARB	PROTEIN	FATS
BROWN RICE	2/3 CUP	40G	5G	2G
BLACK OR RED BEANS	1/5 CUP	10G	4G	1G
GRILLED CHICKEN BREAST	120G	0G	24G	0G
VEGGIES (ONION/TOMATO)	MIX	0G	0G	0G
YOGURT KETCHUP SAUCE (OPTIONAL)	1 SPOON	—	—	—
TOTAL		50G	33G	3G
INSTRUCTIONS You can eat white rice 2 times a week and brown rice 5 times a week. You can have Chicken with Rice or chicken with Roti. You can have Fish and rice with veggies. You can have egg bhurji with roti. You have chicken briyani. SUPPLEMENTS: 1g Fish Oil - 300mg Omega 3 (Optional)				

MEAL 6 - BEFORE BED

POTATO BURGER

INGREDIENTS	QUANTITY	CARB	PROTEIN	FATS
NON OR LOW FAT MILK	300ML	12G	15G	3G
RAW CASHEWS	22G	3G	3G	12G
ELICHI AND CLOVE	2	0G	0G	0G
TOTAL		15G	18G	15G
INSTRUCTIONS You can eat 100g Low fat fresh Paneer. Instead of cashews, you can add almonds, peanuts or walnuts. SUPPLEMENTS: 1 Serving of Casein Protein (Optional)				

PRE WORKOUT

30MIN BEFORE TRAINING

SUPPLEMENT CATAGORY	QUANTITY	CARB	PROTEIN	FATS
PRE WORKOUT DRINK	1 SCOOP	0	0	0
COLD WATER	240ML	0	0	0
NON SUPPLEMENT CATAGORY	QUANTITY	CARB	PROTEIN	FATS
CAFFIENE	5-10G	0	0	0
HOT WATER	240ML	0	0	0

DURING WORKOUT

DURING TRAINING

SUPPLEMENT CATAGORY	QUANTITY	CARB	PROTEIN	FATS
BCAA	5-10G	0	0	0
COLD WATER	500ML	0	0	0

POST WORKOUT #1 (Protein)

IMMEDIATE AFTER TRAINING

SUPPLEMENT CATAGORY	QUANTITY	CARB	PROTEIN	FATS
WHEY PROTEIN	1-2 SCOOP	2G	48G	2G
COLD WATER	240-400ML	0	0	0
TOTAL		2G	48G	2G
NON SUPPLEMENT CATAGORY	QUANTITY	CARB	PROTEIN	FATS
EGG WHITES	6-8	0	33G	0
FAT FREE MILK	240ML	10G	12G	0
TOTAL		10G	45G	0G

POST WORKOUT #2 (Carbohydrates)

30MIN AFTER TRAINING

SUPPLEMENT CATAGORY	QUANTITY	CARB	PROTEIN	FATS
CARBOHYDRATES	1-2 SCOOP	60G	0G	0G
COLD WATER	240-400ML	0	0	0
TOTAL		60G	0G	0G
NON SUPPLEMENT CATAGORY	QUANTITY	CARB	PROTEIN	FATS
BANANA	2	50g	1G	0
GATORADE	240ML	14g	0	0
TOTAL		64g	1g	0g

SUPPLEMENT STACK

CHOOSE ANY BRAND

PROTEIN BRAND	PRODUCT
NATURE'S BEST	ISO PURE
DYMATIZE	ISO-100
MYPROTEIN	WHEY IMPACT ISOLATE
GM NUTRITION	WHEY HQ ISOLATE
ON	WHEY HYDRO OR GOLD STANDARD WHEY
BPI	WHEY HD ISOLATE
GNC	PURE ISOLATE
ALLMAX	ISO FLEX
MET-Rx	WHEY ISOLATE
CARBOHYDRATE BRAND	PRODUCT
EFX	KARBOLYN
ULTIMATE NUTRITION	CARBO PLUS
GAT	CARBOTEIN
UNIVERSITY PROVEN	VITARGO
EVOGEN	GLYCOJECT
PRE WORKOUT BRAND	PRODUCT
CELLUCORE	C4
ON	PRE
BPI	1MR VORTEX
MUSCLEPHARM	ASSAULT
EVOGENMUSCLETECH	VAPOR X5
BSN	NO-XPLODE
GASPARI NUTRITION	SUPER PUMP