



CREATED BY GYMNASIUM

VEGETARIAN NUTRITION PLAN

FOR MEN

MEAL 1 – Breakfast (8-9 AM)	
Workout Days	Rest Days
OAT CRUNCH BOWL	OAT CRUNCH BOWL
2/3 cup Oats Powder	½ cup Oats Powder
1/3 Apple	½ Apple
½ Banana	2sp Low Fat Yogurt (Curd)
20piece Almonds	20piece Almonds
1sp Hemp Seeds	1sp Hemp Seeds
1sp Honey (optional)	Pinch Cinnamon
1cup Blueberries (optional)	240ml Non Fat Milk
2sp Low Fat Yogurt (Curd)	
Pinch Cinnamon	
240ml Non Fat Milk	
Calories 524 – Pro-22g, Carb-63g, Fat-16g, Fiber-10g	Calories 439 – Pro-20g, Carb-48g, Fat-15g, Fiber-8g
Instructions: <ul style="list-style-type: none"> 3 options for cooking oats: Microwave or on Stove or Overnight Soak. Drink cold milk or you can boil it then add cardamom & cloves. 	
Key Point: <ul style="list-style-type: none"> Instead of Oats you can eat Quinoa or Muesli cereals once or twice a week. You can use peanuts or walnuts or cashews instead of Almonds. Add Flaxseeds instead of Hemp seeds. 	
EGGETARIAN <ul style="list-style-type: none"> 5 Boiled Egg Whites instead of Milk 	
NON-VEGETARIAN <ul style="list-style-type: none"> Nothing 	
SUPPLEMENT CATEGORY <ul style="list-style-type: none"> 1scoop of Whey in 1 cup Oats (No milk) 	

MEAL 2 – Snack (10-11 AM)	
Workout Days	Rest Days
ROTI BANANA ROLL	PEANUT BUTTER BREA TOAST
1 Wheat Roti	2 slice Wheat bread
1sp Peanut Butter	1sp Peanut Butter
1 Banana	Pinch Cinnamon
1sp Honey (optional)	½ Banana
Pinch Cinnamon	1 cup Non Fat Milk or Greek Yogurt
1 cup Non Fat Milk or Greek Yogurt	
Calories 457 – Pro-20g, Carb-60g, Fat-13g, Fiber-5g	Calories 336 – Pro-19g, Carb-43g, Fat-8g, Fiber-4g
Instructions: <ul style="list-style-type: none"> • Cook thin long Chapati or 2 thin regular size Chapati. • Use non-fat dairy product. 	
Key Point: <ul style="list-style-type: none"> • Eat Non fat plain Yogurt instead of Milk. • Eat Brown Bread once or twice a week instead of Chapati. 	
EGGETARIAN <ul style="list-style-type: none"> • 5 Boiled Egg Whites instead of Milk NON-VEGETARIAN <ul style="list-style-type: none"> • Nothing SUPPLEMENT CATEGORY <ul style="list-style-type: none"> • Nothing 	

MEAL 3 – Lunch (1-2 PM)	
Workout Days	Rest Days
RICE SUPER BOWL	DAL RICE BOWL
2/3 rd – 1cup Brown Rice	½ cup Brown Rice
1/4 th cup Chickpeas	50g cooked Lentil
1/4 th cup Kidney Beans	1 cup Raita (3sp cucumber+3sp onion + pinch salt/pepper)
40g Soy Chunks	
3sp Green Peas	
2sp Onion + Tomato	
3sp Green/Red Bell pepper	
½sp Olive Oil	
Baked chips & 1sp Crushed Cashews (optional)	
Ketchup, Lemon, Salt & Black Pepper	

Calories 506 – Pro-30g, Carb-61g, Fat-10g, Fiber-13g	Calories 413 – Pro-23g, Carb-51g, Fat-9g, Fiber-9g
Instructions: <ul style="list-style-type: none"> • Cook Brown Rice, Chickpeas and Kidney Beans in Bulk for 3-4days and keep it in the fridge. • Do slow and medium cooking. Don't over cook the veggies otherwise you will lose half the ingredients. 	
Key Point: <ul style="list-style-type: none"> • You can use coconut oil as well but don't over use it. • Eat White rice Instead of Brown rice once a week or switch it with Wheat Pasta. 	
EGGETARIAN <ul style="list-style-type: none"> • Nothing NON-VEGETARIAN <ul style="list-style-type: none"> • Add 100gm Grilled Chicken instead of Soy Chunks SUPPLEMENT CATEGORY <ul style="list-style-type: none"> • Nothing 	

MEAL 4 – Snack (4-5 PM)	
Workout Days	Rest Days
MILK SHAKE	FRESH JUICE
240ml Non Fat Milk	400ml Fresh Mixed Juice (Orange, pomegranate, carrot)
1cup Frozen Banana/Mango	100g Dry Roasted Soy bean
1sp Chia Seeds	
1sp Sunflower Seeds	
Pinch Cinnamon	
1cup Roasted Chickpeas	
Calories 462 – Pro-26g, Carb-45g, Fat-14g, Fiber-13g	Calories 318 – Pro-18g, Carb-35g, Fat-10g, Fiber-4g
Instructions: <ul style="list-style-type: none"> • Chop 4-5 Bananas and 3-4 mangos put in the freezer then use 1 frozen banana during the milk shake. • Eat Roasted channe few minutes before drinking the milk shake. 	
Key Point: <ul style="list-style-type: none"> • You can use frozen strawberries/blueberries as well. • You can use Almond milk instead of regular milk. • You can use Sesame seeds instead of sunflower seeds. • You can eat dry roasted soybeans instead of roasted chickpeas few times a week. 	
EGGETARIAN <ul style="list-style-type: none"> • 3 Boiled Egg Whites (optional for extra protein) NON-VEGETARIAN <ul style="list-style-type: none"> • Nothing SUPPLEMENT CATEGORY <ul style="list-style-type: none"> • ½ scoop of Whey in milk shake 	

Pre-Workout (5-6 PM)	
Workout Days	Rest Days
2 Teaspoon Coffee (Caffeine 200mg)	
200ml Water	-----N/A-----
2sp Milk (optional)	
-----N/A-----	
Instructions: <ul style="list-style-type: none"> You can drink warm coffee 20min before training or drink cold coffee by adding 2-3 ice cubes in a blender, add 2tsp coffee and 2sp milk – Blend them and Enjoy Cold Coffee Pre workout Drink!! 	
Key Point: <ul style="list-style-type: none"> Do not over dose the caffeine. Don't exceed more than 1 cup a days. If your skin is caffeine sensitive then avoid coffee and drink 1-2sp Glucon D before training. 	
SUPPLEMENT CATEGORY <ul style="list-style-type: none"> 1scoop of C4 or Amino Energy or 1.M.R or BCAA or any pre workout instead of drinking coffee 	

Post-Workout (7-8 PM)	
Workout Days	Rest Days
1cup Fat free Yogurt (optional)	
240ml Fat Free Milk (or 500ml)	
2 Banana	-----N/A-----
Or 2 Cup Red/Black Grapes	
Calories 348 – Pro-25g, Carb-58g, Fat-0g, Fiber-4g	
Instructions: <ul style="list-style-type: none"> Avoid full fat milk because fat will slow down the digestion. Drink post w/o within 20min after training. 	
Key Point: <ul style="list-style-type: none"> You can drink 500ml instead of adding a yogurt If you face any stomach upset issue. You can either eat bananas or grapes. You can eat 5-7 Dates (khazoor) as well. 	
EGGETARIAN <ul style="list-style-type: none"> 6 Boiled Egg Whites instead of Milk and yogurt 	
NON-VEGETARIAN <ul style="list-style-type: none"> Nothing 	
SUPPLEMENT CATEGORY <ul style="list-style-type: none"> 1scoop of Whey in 300ml cold water instead of milk and yogurt 	

MEAL 5 – Dinner (9-10 PM)	
Workout Days	Rest Days
PANEER SANDWICH	MIXED VEGETABLE + PANEER
4 slice Wheat bread	1cup Mixed Indian Vegetables
50g Paneer	50g Paneer
2 Onion Ring	1 Roti
3-4 slices of Tomato	Half Plate Salad (Cucumber + Tomato + Carrots)
Pinch Salt/Pepper & Ketchup	
Calories 470 – Pro-22g, Carb-60g, Fat-14g, Fiber-4g	Calories 346 – Pro-16g, Carb-35g, Fat-14g, Fiber-4g
Instructions: <ul style="list-style-type: none"> • Use grill to grill the bread or you can toast it and then add paneer/onion/tomato. • Use fresh paneer. 	
Key Point: <ul style="list-style-type: none"> • You can use Tofu instead of panner one or twice a week. • You can eat Subway Paneer sandwich once a week as well. 	
EGGETARIAN <ul style="list-style-type: none"> • 4 egg Omelet (2 whole + 2 white) instead of paneer NON-VEGETARIAN <ul style="list-style-type: none"> • 100g chicken breast or 100g fish instead of paneer SUPPLEMENT CATEGORY <ul style="list-style-type: none"> • Nothing 	

MEAL 6 – Snack (11-11:30 PM)	
Workout Days	Rest Days
YOGURT & NUTS	MILK BADAM
240g Low Fat Yogurt	240g Low fat Warm Milk
25g Walnuts	25g Almonds
Pinch Cinnamon	2 Cardamom + Pinch Cinnamon
Calories 254 – Pro-15g, Carb-15g, Fat-14g, Fiber-2g	Calories 254 – Pro-15g, Carb-15g, Fat-14g, Fiber-2g
Instructions: <ul style="list-style-type: none"> • Put 1cup plain low fat yogurt in a bowl then add walnuts and cinnamon. 	
Key Point: <ul style="list-style-type: none"> • You can add Almonds or Peanuts as well. • You can add flaxseeds as well. • You can eat 100g Raw fresh paneer few times a week. 	

EGGETARIAN

- Nothing

NON-VEGETARIAN

- Nothing

SUPPLEMENT CATEGORY

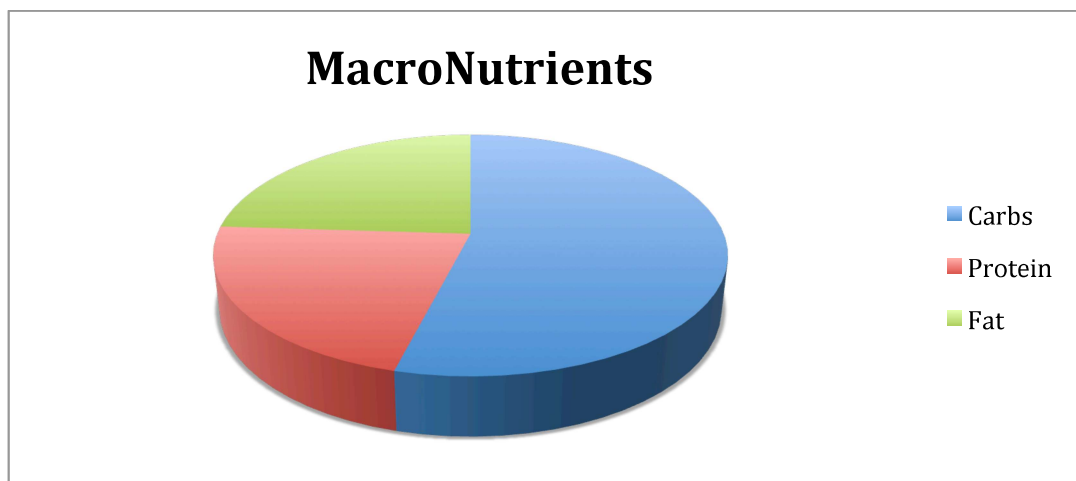
- 1scoop of Casein protein in 1 cup of milk

WORKOUT DAYS MACRO NUTRIENTS

CALORIES: 3021 / PROTEIN: 160g / CARBS: 362g / FAT: 81g / FIBER: 46/51g

REST DAYS MACRO NUTRIENTS

CALORIES: 2106 / PROTEIN: 111g / CARBS: 227g / FAT: 70g / FIBER: 31g



- If you workout in the morning then take meal 1 75min before workout, then pre workout drink 20min before training then post workout drink after gym then meal2, meal 3 meal 4 meal 5 and meal 6.

FOR WOMEN

MEAL 1 – Breakfast (8-9 AM)

Workout Days

OAT CRUNCH BOWL

½ cup Oats Powder

½ Apple

2sp Low Fat Yogurt (Curd)

20piece Almonds

1sp Hemp Seeds

Pinch Cinnamon

240ml Non Fat Milk

Calories 438 – Pro-20g, Carb-48g, Fat-14g, Fiber-8g

Instructions:

- 3 options for cooking oats: Microwave or on Stove or Overnight Soak.
- Drink cold milk or you can boil it then add cardamom & cloves.

Key Point:

- Instead of Oats you can eat Quinoa or Muesli cereals once or twice a week.
- You can use peanuts or walnuts or cashews instead of Almonds.
- Add Flaxseeds instead of Hemp seeds.

MEAL 2 – Snack (10-11 AM)

Workout Days

ROTI BANANA ROLL

1 Wheat Roti

1sp Peanut Butter

1 Banana

Pinch Cinnamon

1 cup Non Fat Milk or Yogurt

Calories 457 – Pro-19g, Carb-55g, Fat-10g, Fiber-5g

Instructions:

- Cook thin long Chapati or 2 thin regular size Chapati.
- Use non-fat dairy product.

Key Point:

- Eat Non fat plain Yogurt (or Greek yogurt) instead of Milk.
- Eat Brown Bread once or twice a week instead of Chapati.

MEAL 3 – Lunch (1-2 PM)

Workout Days

RICE SUPER BOWL

½ cup Brown Rice

1/4th cup Chickpeas

1/4th cup Kidney Beans

25g Soy Chunks

3sp Green Peas

2sp Onion + Tomato

3sp Green/Red Bell pepper

½sp Olive Oil

Baked chips & 1sp Crushed Cashews (optional)

Ketchup, Lemon, Salt & Black Pepper

Calories 506 – Pro-18g, Carb-41g, Fat-10g, Fiber-10g

Instructions:

- Cook Brown Rice, Chickpeas and Kidney Beans in Bulk for 3-4days and keep it in the fridge.
- Do slow and medium cooking. Don't over cook the veggies otherwise you will lose half the ingredients.

Key Point:

- You can use coconut oil as well but don't over use it.
- Eat White rice Instead of Brown rice once a week or switch it with Wheat Pasta.

MEAL 4 – Snack (4-5 PM)

Workout Days

MILK SHAKE

200ml Non Fat Milk

1cup Frozen Banana/Mango

1sp Chia Seeds

1sp Sunflower Seeds

Pinch Cinnamon

½ cup Roasted Chickpeas

Calories 462 – Pro-20g, Carb-45g, Fat-14g, Fiber-9g

Instructions:

- Chop 4-5 Bananas and 3-4 mangos put in the freezer then use 1 frozen banana during the milk shake.
- Eat Roasted channe few minutes before drinking the milk shake.

Key Point:

- You can use frozen strawberries/blueberries as well.
- You can use Almond milk instead of regular milk.
- You can use Sesame seeds instead of sunflower seeds.
- You can eat dry roasted soybeans instead of roasted chickpeas few times a week.

Pre-Workout (5-6 PM)	
Workout Days	Rest Days
2 Teaspoon Coffee (Caffeine 200mg)	
200ml Water	-----N/A-----
2sp Milk (optional)	
-----N/A-----	
Instructions: <ul style="list-style-type: none"> You can drink warm coffee 20min before training or drink cold coffee by adding 2-3 ice cubes in a blender, add 2tsp coffee and 2sp milk – Blend them and Enjoy Cold Coffee Pre workout Drink!! 	
Key Point: <ul style="list-style-type: none"> Do not over dose the caffeine. Don't exceed more than 1 cup a days. If your skin is caffeine sensitive then avoid coffee and drink 1-2sp Glucon D before training. 	

Post-Workout (7-8 PM)	
Workout Days	Rest Days
1cup Fat free Yogurt (optional)	
340ml Fat Free Milk	
1 Banana	-----N/A-----
Or 2 Cup Red/Black Grapes	
Calories 348 – Pro-17g, Carb-38g, Fat-0g, Fiber-2g	
Instructions: <ul style="list-style-type: none"> Avoid full fat milk because fat will slow down the digestion. Drink post w/o within 20min after training. 	
Key Point: <ul style="list-style-type: none"> You can drink 340ml instead of adding a yogurt If you face any stomach upset issue. You can either eat bananas or grapes. You can eat 3-5 Dates (khazoor) as well. 	

MEAL 5 – Dinner (9-10 PM)

Workout Days

PANEER SANDWICH

2 slice Wheat bread

25g Paneer

2 Onion Ring

3-4 slices of Tomato

Pinch Salt/Pepper & Ketchup

Calories 470 – Pro-15g, Carb-30g, Fat-12g, Fiber-2g

Instructions:

- Use grill to grill the bread or you can toast it, then add paneer/onion/tomato.
- Use fresh paneer.

Key Point:

- You can use Tofu instead of paneer one or twice a week.
- You can eat Subway Paneer sandwich once a week as well.

MEAL 6 – Snack (11-11:30 PM)

Workout Days

YOGURT & NUTS

240g Low Fat Yogurt

25g Walnuts

Pinch Cinnamon

Calories 254 – Pro-15g, Carb-15g, Fat-14g, Fiber-2g

Instructions:

- Put 1cup plain low fat yogurt in a bowl then add walnuts and cinnamon.

Key Point:

- You can add Almonds or Peanuts as well.
- You can add flaxseeds as well.
- You can eat 50g Raw fresh paneer few times a week.

WORKOUT DAYS MACRO NUTRIENTS

CALORIES: 2402 / PROTEIN: 124g / CARBS: 272g / FAT: 74g / FIBER: 38g

NOTE: WATCH SIZE 8 NUTRITION VIDEOS ON YOUTUBE FOR THE RECEIPES WITH DETAILED INFORMATION.