NUTRITION PLAN

MUSCLEMANN - NUTRITION PLAN

CARB CYCLE

MON	TUES	WED	THUR	FRI	SAT	SUN
Low	Low	Low	High	Low	Low	High
1800cal	1800cal	1800cal	3000cal	1800cal	1800cal	3000cal

LOW CARBS DAY

MEAL/TIME	NON-VEG	VEG
MEAL 1 8-9AM	*WALNUT EGG BHURJI* 6 Egg Whites ¼ cup chickpeas 25g Walnuts	*MILK PROTEIN* 2/3sp Whey 200ml Non fat Milk 25g Walnuts
MACROS	**Pro-30g | Carb-10g | Fat-15g**	**Pro-30g | Carb-10g | Fat-15g**
MEAL 2 10-11AM	*CURD PROTEIN* ½ cup Plain Curd 2/3sp Whey ½ Apple 1sp Flaxseed 1sp Raisins 5 Crushed Almonds 2g Cinnamon	*CURD PROTEIN* ½ cup Plain Curd 2/3sp Whey ½ Apple 1sp Flaxseed 1sp Raisins 5 Crushed Almonds 2g Cinnamon
MACROS	**Pro-30g | Carb-15g | Fat-15g**	**Pro-30g | Carb-15g | Fat-15g**
MEAL 3 1-2PM	*CHICKEN TAWA* 120g Chicken ½ sp Coconut Oil ½ cup Plain Non fat yogurt 1cup Veggies (Bell pepper/Onion, etc.)	*SOY TAWA* 40g Soy Chunk or Soy Nutria ½ sp Coconut Oil ½ cup Plain Non fat yogurt 1cup Veggies (Bell pepper/Onion, etc.)
MACROS	**Pro-25g | Carb-2g | Fat-10g**	**Pro-20g | Carb-30g | Fat-10g**
MEAL 4 4-5PM	*EGG FUNDA* 5 Boiled Eggs 1/3cup Kidney Beans 1sp Chia Seeds 2sp Onion & Tomato 1sp Ketchup	*PANEER FUNDA* 100g Low Fat Paneer 1/4cup Kidney Beans 2sp Onion & Tomato 1sp Ketchup
MACROS	**Pro-25g | Carb-10g | Fat-10g**	**Pro-22g | Carb-10g | Fat-15g**
MEAL 5 8-9PM	*FISH FILLET* 120g Fish (White Fish or Tuna) 1sp Coconut Oil 5oz (140g) Sweet Potato 2oz (50g) Broccoli 1sp BBQ Sauce	*LENTIL & SWEET POTATO* 1cup Black or Yellow Lentil 2/3sp Coconut Oil 4oz (120g) Sweet Potato 2oz (50g) Broccoli
MACROS	**Pro-25g | Carb-36g | Fat-15g**	**Pro-18g | Carb-45g | Fat-13g**
MEAL 6 10-11PM	*SLOW PROTEIN* 240ml Almond Milk (or Water) 2/3sp Casein Protein 20g Almonds or Cashews	*SLOW PROTEIN* 240ml Almond Milk (or Water) 1sp Casein Protein 20g Almonds or Cashews
MACROS	**Pro-25g | Carb-7g | Fat-13g**	**Pro-30g | Carb-7g | Fat-13g**
TOTAL	**CALORIES - 1802** **PRO-195G CARB-80G FAT-78G**	**CALORIES - 1937** **PRO-185G CARB-117G FAT-81G**

PRE-WORKOUT		POST-WORKOUT	
MORNING 6-7AM	1sp Amino Energy+200ml Water 500-100mg Carnitine	MORNING 7AM	1.5sp Whey Protein+300ml Water 500-100mg Carnitine
EVENING 6-7PM		EVENING 7PM	**Pro-35g | Carb-1g | Fat-0**

HIGH CARBS DAY

MEAL/TIME	NON-VEG	VEG
MEAL 1 8-9AM	***OATS*** 6 Egg Whites (or 1sp Whey) 1cup Oats + ½ Apple 25g Walnuts	***OATS*** 1sp Whey 1cup Oats + ½ Apple 25g Walnuts
MACROS	**Pro-30g | Carb-62g | Fat-15g**	**Pro-30g | Carb-62g | Fat-15g**
MEAL 2 10-11AM	***CEREAL PROTEIN*** 1cup Cereals ½ cup Milk 2/3sp Whey ½ Apple 15g Peanuts 2g Cinnamon Mix Whey and milk then add it in Cereals	***CEREAL PROTEIN*** 1cup Cereals ½ cup Milk 2/3sp Whey ½ Apple 15g Peanuts 2g Cinnamon Mix Whey and milk then add it in Cereals
MACROS	**Pro-30g | Carb-50g | Fat-15g**	**Pro-30g | Carb-50g | Fat-15g**
MEAL 3 1-2PM	***BROWN RICE & CHICKEN*** 120g Chicken cooked in ½ sp Coconut Oil 1 cup brown Rice 1 Orange	***SOY PLAO*** 40g Soy Chunk cooked in ½ sp Coconut Oil 1cup Brown Rice ½ cup Plain Non fat yogurt 1cup Veggies (Bell pepper/Onion, etc.)
MACROS	**Pro-25g | Carb-63g | Fat-10g**	**Pro-20g | Carb-70g | Fat-10g**
MEAL 4 4-5PM	***OATS*** 6 Egg Whites (or 1sp Whey) 1cup Oats + ½ Banana 25g Peanuts	***OATS*** 6 Egg Whites (or 1sp Whey) 1cup Oats + ½ Banana 25g Peanuts
MACROS	**Pro-30g | Carb-62g | Fat-15g**	**Pro-30g | Carb-62g | Fat-15g**
MEAL 5 8-9PM	***FISH FILLET*** 120g Fish (White Fish or Tuna) 1sp Coconut Oil 7oz (250g) White Potato 2oz (50g) Cauliflower 1sp BBQ Sauce	***LENTIL & SWEET POTATO*** 1cup Black or Yellow Lentil 2/3sp Coconut Oil 7oz (120g) White Potato 2oz (50g) Cauliflower
MACROS	**Pro-25g | Carb-62g | Fat-15g**	**Pro-18g | Carb-63g | Fat-13g**
MEAL 6 10-11PM	***SLOW PROTEIN*** 240ml Almond Milk (or Water) 2/3sp Casein Protein 20g Almonds or Cashews	***SLOW PROTEIN*** 240ml Almond Milk (or Water) 1sp Casein Protein 20g Almonds or Cashews
MACROS	**Pro-25g | Carb-7g | Fat-13g**	**Pro-30g | Carb-7g | Fat-13g**
TOTAL	**CALORIES - 2710** **PRO-200G CARB-302G FAT-78G**	**CALORIES - 2737** **PRO-188G CARB-314G FAT-81G**