

CREATED BY GYMNASIUM

NUTRITION PLAN

NON-VEG PLAN BASED ON EVENING WORKOUT TIME WORKOUT DAYS NON WORKOUT DAY

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WAKING UP	DETOX JUICE (Twice a week)	
MEAL 1	SUPER OATS	SUPER OATS
	-1/2sp Whey	-1sp Whey
BREAKFAST	-1/2 cup Oats	-1 cup Oats
8-9AM	-1/2 Banana	-1/2 Banana
	-1sp Chia Seeds	-2g Cinnamon
	-2g Cinnamon	-1 Multivitamins
	-4 Boiled Egg Whites	
	-1 Multivitamins	
MACRO'S	CAL- 322 PRO-28G CARB-30G FAT-10G	CAL- 379 PRO-28G CARB-60G FAT-3G
MEAL 2	OMELETE	BREAD OMELETE
SNACK	-6 Egg Whites	-5 Egg Whites
11-12PM	-1 Orange or Pear Or Apple	-3 Slice Wheat Bread
MACRO'S	CAL- 240 PRO-24G CARB-16G FAT-0G	CAL-323 PRO-24G CARB-50G FAT-3G
	CHICKEN SALAD	DANEED DILLIDIA
MEAL 3		PANEER BHURJI
	-100g Grilled or boiled Chicken -1cup Cucumber	-80g Paneer
		-½ Cucumber
LUNCH	-1c Green Leaves or Lettuce or Cabbage -1 large Carrot	-1g CLA Supplement
2-3PM	-3sp Tomato	-1y CLA Supplement
	-1 Whole Egg	
	-1 Whole Egg -20g Walnut	
	-1sp Vinegar	
	-Avocado & Broccoli (option)	
	-Non Fat Ranch (optional)	
	-1g CLA Supplement	
MACRO'S	CAL- 326 PRO-25G CARB-25G FAT-14G	CAL-390 PRO-20G CARB-55G FAT-10G
MEAL 4	BANANA PROTEIN	OATS COOKIES & CHANNE
	-1 Banana	-1cup Dry Roasted Channe
SNACK	-1sp Peanut Butter	-4 Oats Cookies (Britania)
4-5PM	-1sp Peanuts	-3 Egg Whites or (½sp Whey in Water)
	-1sp Whey (or 2sp Protinex)	

MACRO'S | CAL-315 | PRO-30G | CARB-30G | FAT-15G | CAL-353 | PRO-22G | CARB-55G | FAT-5G |

PRE W/O 6PM	PRE W/O SUPPLEMENT -1scoop Amino Energy		
	-200ml Cold Water		
	OR		NO WORKOUT
	PRE W/O WITHOUT SUPPLEMENT		
	-½tbs Coffee (Nescafe)		
	-240ml Hot Water + 1sp milk		
DURING W/O	DURING W/O SUPPLEMENT (or No Sup	plement just water)	
6:30-7:30	-1scoop Xtend		NO WORKOUT
	-750ml Cold Water		
POST W/O	(Mix it a cold water bottle and sip it through out the workout) POST W/O SUPPLEMENT		
7:30PM	-1-2scoop Prostar Whey Protein		
	-240ml cold water or 1sp(200ml) Gatorad	le .	
	OR	.0	NO WORKOUT
	POST W/O WITHOUT SUPPLEMENT		
	-6 Boiled Egg Whites		
	-240ml Non fat milk		
MACRO'S	CAL- 136 PRO-34G CARB-0G FAT-0G		
MEAL 5	VEGGIE BOWL with Chicken	SCRAMBLED EGGS &	& RICE
	- ½cup Brown Rice	-5 Egg Whites	
DINNER	- 80g Chicken Breast (or boiled)	-1cup Brown Rice	
8:30 - 9PM	- ½ Chick Peas	(Make Scrambled Eggs then	add cooked brown rice,
	-½ Green Bell Pepper	little bit salt and pepper) -1g Fish Oil Supplen	aant
	- ½cup Cauliflower	-19 Fish On Suppleh	ient
	-3sp Green Onion(or Red Onion)		
	-3sp Tomato		
	- ½ Lemon		
	- ½ Coconut Oil		
	-1sp Ketchup		
	-Salt/Pepper/Garlic Power		
MACDOIC	-1g Fish Oil Supplement CAL-355 PRO-30G CARB-25G FAT-15G	CAL 227 DDO 25C C	ADD FOC FAT 2C
MACRO'S	CAL-355 PRO-30G CARB-25G FAT-15G	CAL-327 PRO-25G C	AKB-50G FAT-3G
MEAL 6	CASEIN MILK PROTEIN	CASEIN MILK PROT	EIN
112112	-2/3sp Casein or Whey or Protienx	-2/3sp Casein or Wh	
BEFORE BED	-240mlAlmond Milk (coconut or non fat milk)	-240ml Low fat Milk	-, -: 110tillen
11PM	-2sp Ground Flaxseeds	-1sclice Bread with 1	sp Peanut Butter
	-Pinch Cinnamon	- 1g CLA Supplemen	
	- 1g CLA Supplement		
MACRO'S	CAL-355 PRO-24G CARB-7G FAT-15G	CAL-310 PRO-25G (CARB-30G FAT-10G
TOTAL	CAL-1930 P-203 C-122 F-70	CAL-2082 P-14	4 C-300 F-34

NON-VEG PLAN BASED ON MORNING WORKOUT

	HIM-VALVELAN BASELLUN	
TIME	WORKOUT DAYS	NON WORKOUT DAY

WAKING UP 6:30AM	DETOX JUICE (Twice a week)	
PRE W/O 7:00AM	PRE W/O SUPPLEMENT -1scoop Amino Energy -200ml Cold Water OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk	NO WORKOUT
DURING W/O 7:30-9:00	DURING W/O SUPPLEMENT (or No Supplement just water) -1scoop Xtend -750ml Cold Water (Mix it a cold water bottle and sip it through out the workout)	NO WORKOUT
POST W/O 9:00AM	POST W/O SUPPLEMENT -1-2scoop Prostar Whey Protein -240ml cold water or 1sp(200ml) Gatorade OR POST W/O WITHOUT SUPPLEMENT -6 Boiled Egg Whites -240ml Non fat milk	NO WORKOUT
MACRO'S	CAL- 136 PRO-34G CARB-0G FAT-0G	

MEAL 1	SUPER OATS	SUPER OATS
	-1/2sp Whey	-1sp Whey
BREAKFAST	-1/2 cup Oats	-1 cup Oats
10AM	-1/2 Banana	-1/2 Banana
	-1sp Chia Seeds	-2g Cinnamon
	-2g Cinnamon	-1 Multivitamins
	-4 Boiled Egg Whites	
	-1 Multivitamins	
MACRO'S	CAL- 322 PRO-28G CARB-30G FAT-10G	CAL- 379 PRO-28G CARB-60G FAT-3G
MEAL 2	OMELETE	BREAD OMELETE
SNACK	-6 Egg Whites	-5 Egg Whites
12-1PM	-1 Orange or Pear Or Apple	-3 Slice Wheat Bread
MACRO'S	CAL- 240 PRO-24G CARB-16G FAT-0G	CAL- 323 PRO-24G CARB-50G FAT-3G
MEAL 3	CHICKEN SALAD	PANEER BHURJI
	-100g Grilled or boiled Chicken	-80g Paneer
	-1cup Cucumber	-2 Roti

LUNCH 3-4PM	-1c Green Leaves or Lettuce or Cabbage -1 large Carrot -3sp Tomato -1 Whole Egg -20g Walnut -1sp Vinegar -Avocado & Broccoli (option) -Non Fat Ranch (optional)	- ½ Cucumber -1g CLA Supplement
	-1g CLA Supplement	
MACRO'S	CAL- 326 PRO-25G CARB-25G FAT-14G	CAL- 390 PRO-20G CARB-55G FAT-10G
MEAL 4 SNACK	BANANA PROTEIN -1 Banana -1sp Peanut Butter	OATS COOKIES & CHANNE -1cup Dry Roasted Channe -4 Oats Cookies (Britania)
5-6PM	-1sp Peanuts	-3 Egg Whites or (½sp Whey in Water)
14 4 an a la	-1sp Whey (or 2sp Protinex)	
MACRO'S	CAL- 315 PRO-30G CARB-30G FAT-15G	CAL- 353 PRO-22G CARB-55G FAT-5G
MEAL 5 DINNER 8-9PM MACRO'S	VEGGIE BOWL with Chicken - ½cup Brown Rice - 80g Chicken Breast (or boiled) - ½ Chick Peas - ½ Green Bell Pepper - ½cup Cauliflower -3sp Green Onion(or Red Onion) -3sp Tomato - ½ Lemon - ½ Coconut Oil -1sp Ketchup -Salt/Pepper/Garlic Power -1g Fish Oil Supplement CAL-355 PRO-30G CARB-25G FAT-15G	SCRAMBLED EGGS & RICE -5 Egg Whites -1 cup Brown Rice (Make Scrambled Eggs then add cooked brown rice, little bit salt and pepper) -1g Fish Oil Supplement
MACRO S	CAL- 355 PRO-30G CARB-25G FAI-15G	CAL-327 PRO-25G CARB-50G FAT-3G
MEAL 6 BEFORE BED 10-11PM	CASEIN MILK PROTEIN -2/3sp Casein or Whey or Protienx -240mlAlmond Milk (coconut or non fat milk) -2sp Ground Flaxseeds -Pinch Cinnamon - 1g CLA Supplement	CASEIN MILK PROTEIN -2/3sp Casein or Whey or Protinex -240ml Low fat Milk -1sclice Bread with 1sp Peanut Butter - 1g CLA Supplement
MACRO'S	CAL- 355 PRO-24G CARB-7G FAT-15G	CAL- 310 PRO-25G CARB-30G FAT-10G
TOTAL	CAL-1930 P-203 C-122 F-70	CAL-2082 P-144 C-300 F-34

VEG PLAN BASED ON EVENING WORKOUT TIME WORKOUT DAYS NON WORKOUT DAY

THATE	WUKKUUI DAYS	NUN WUKKUUI DAI
WAKING UP	DETOX JUICE (Twice a week)	
MEAL 1	SUPER OATS	SUPER OATS
	-1sp Whey	-1sp Whey (or 2sp Proteinx)
BREAKFAST	-1/2 cup Oats	-1 cup Oats
	-1/2 Banana	-1/2 Banana
	-1sp Chia Seeds	-2g Cinnamon
	-2g Cinnamon	-1 Multivitamins
	-1 Multivitamins	
MACRO'S	CAL-330 PRO-30G CARB-30G FAT-10G	CAL-379 PRO-28G CARB-60G FAT-3G
MEAL 2	PROTEIN DRINK	PEANUT BUTTER TOAST
SNACK	-1so Whey or Casein	-3slice Wheat Bread
	-1 Orange or Pear Or Apple	-1sp Peanut Butter
NA ARROLD		-240ml Non fat Milk
MACRO'S	CAL- 240 PRO-25G CARB-15G FAT-0G	CAL- 386 PRO-24G CARB-50G FAT-10G
MEALO	BEAN SALAD	PANEER BHURJI
MEAL 3	-1/2 Kidney Beans	-80g Paneer
	-1cup Cucumber	-2 Roti
	-1c Green Leaves or Lettuce or Cabbage	- ½ Cucumber
LUNCH	-1 large Carrot	-1g CLA Supplement
	-3sp Tomato	-g can supprement
	-50g Paneer	
	-20g Walnut	
	-1sp Vinegar	
	-Avocado & Broccoli (option)	
	-1g CLA Supplement	
MACRO'S	CAL-315 PRO-30G CARB-15G FAT-15G	CAL-390 PRO-20G CARB-55G FAT-10G
MEAL 4	BANANA PROTEIN	OATS COOKIES & CHANNE
	-1 Banana	-1cup Dry Roasted Channe
SNACK	-1sp Peanut Butter	-3 Oats Cookies (Britania)
	-1sp Peanuts	-200ml Non Fat milk with 1sp Protinex
MACDOIC	-1sp Whey (or 2sp Proteinx)	CAL 222 PRO 22C CARR F2C FAT 4C
MACRO'S	CAL-315 PRO-30G CARB-30G FAT-15G	CAL- 323 PRO-22G CARB-52G FAT-4G
PRE W/O	PRE W/O SUPPLEMENT	

PRE W/O	PRE W/O SUPPLEMENT	
6PM	-1scoop Amino Energy	
	-200ml Cold Water	
	OR	NO WORKOUT
	PRE W/O WITHOUT SUPPLEMENT	

	-½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk	
DURING W/O 6:30-7:30	DURING W/O SUPPLEMENT (or No Supplement just water) -1scoop Xtend -750ml Cold Water (Mix it a cold water bottle and sip it through out the workout)	NO WORKOUT
POST W/O 7:30PM	POST W/O SUPPLEMENT -1-2scoop Prostar Whey Protein -240ml cold water or 1sp(200ml) Gatorade OR POST W/O WITHOUT SUPPLEMENT -2sp Sugar Free Protinex	NO WORKOUT
MACRO'S	-240ml Non fat milk CAL- 136 PRO-34G CARB-0G FAT-0G	
MACKU 3	CAL- 130 PRU-34G CARB-UG PAT-UG	
MEAL 5 DINNER 8:30-9PM	VEGGIE BOWL with Soy Chunks - ½cup Brown Rice -50g Soy Chunks - ½ Chic Peas -½ Green Bell Pepper - ½cup Cauliflower -3sp Green Onion -3sp Tomato - ½ Lemon - ½ Coconut Oil -1sp Ketchup -Salt/Pepper/Garlic Power -1g Flaxseed Oil Supplement	LENTIL & RICE -½cup cooked Black Lentil -1cup low fat yogurt -1cup Brown Rice -1g Flaxseed Oil Supplement
MACRO'S	CAL- 315 PRO-30G CARB-30G FAT-15G	CAL- 380 PRO-24G CARB-62G FAT-4G
MEAL 6 BEFORE BED 11PM	CASEIN MILK PROTEIN -2/3sp Casein or Whey or Protienx -240mlAlmond Milk (coconut or non fat milk) -2sp Ground Flaxseeds -Pinch Cinnamon - 1g CLA Supplement	CASEIN MILK PROTEIN -2/3sp Casein or Whey or Protinex -240ml Low fat Milk -1sclice Bread with 1sp Peanut Butter - 1g CLA Supplement
MACRO'S	CAL-355 PRO-24G CARB-7G FAT-15G CAL-1950 P-203 C-127 F-70	CAL-310 PRO-25G CARB-30G FAT-10G

VEG PLAN BASED ON MORNING WORKOUT

THE HOLLING TELLS	TIME W	ORKOUT DAYS	NON WORKOUT DAY
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WAKING UP 6:30AM	DETOX JUICE (Twice a week)	
PRE W/O 7AM	PRE W/O SUPPLEMENT -1scoop Amino Energy -200ml Cold Water OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk	NO WORKOUT
DURING W/O 7:30-9:00	DURING W/O SUPPLEMENT (or No Supplement just water) -1scoop Xtend -750ml Cold Water (Mix it a cold water bottle and sip it through out the workout)	NO WORKOUT
POST W/O 9:00AM	POST W/O SUPPLEMENT -1-2scoop Prostar Whey Protein -240ml cold water or 1sp(200ml) Gatorade OR POST W/O WITHOUT SUPPLEMENT -2sp Sugar Free Protinex -240ml Non fat milk	NO WORKOUT
MACRO'S	CAL-136 PRO-34G CARB-0G FAT-0G	

MEAL 1	SUPER OATS	SUPER OATS
	-1sp Whey	-1sp Whey (or 2sp Proteinx)
BREAKFAST	-1/2 cup Oats	-1 cup Oats
10AM	-1/2 Banana	-1/2 Banana
	-1sp Chia Seeds	-2g Cinnamon
	-2g Cinnamon	-1 Multivitamins
	-1 Multivitamins	
MACRO'S	CAL-330 PRO-30G CARB-30G FAT-10G	CAL-379 PRO-28G CARB-60G FAT-3G
MEAL 2 SNACK 12-1PM	PROTEIN DRINK -1so Whey or Casein -1 Orange or Pear Or Apple	PEANUT BUTTER TOAST -3slice Wheat Bread -1sp Peanut Butter -240ml Non fat Milk
MACRO'S	CAL-240 PRO-25G CARB-15G FAT-0G	CAL- 386 PRO-24G CARB-50G FAT-10G
MEAL 3	BEAN SALAD -1/2 Kidney Beans	PANEER BHURJI -80g Paneer

	-1cup Cucumber	-2 Roti
	-1c Green Leaves or Lettuce or Cabbage	- ½ Cucumber
LUNCH	-1 large Carrot	-1g CLA Supplement
3-4PM	-3sp Tomato	-19 CLA Supplement
	-50g Paneer	
	-20g Walnut	
	-1sp Vinegar	
	-Avocado & Broccoli (option)	
	-1g CLA Supplement	
MACRO'S	CAL-315 PRO-30G CARB-15G FAT-15G	CAL-390 PRO-20G CARB-55G FAT-10G
MEAL 4	BANANA PROTEIN	OATS COOKIES & CHANNE
	-1 Banana	-1cup Dry Roasted Channe
SNACK	-1sp Peanut Butter	-3 Oats Cookies (Britania)
5-6PM	-1sp Peanuts	-200ml Non Fat milk with 1sp Protinex
	-1sp Whey (or 2sp Proteinx)	
MACRO'S	CAL-315 PRO-30G CARB-30G FAT-15G	CAL- 323 PRO-22G CARB-52G FAT-4G
MEALE		
MEAL 5	VEGGIE BOWL with Soy Chunks	LENTIL & RICE
DIMMED	- ½cup Brown Rice	-½cup cooked Black Lentil
DINNER	-50g Soy Chunks	-1cup low fat yogurt
7-8PM	- ½ Chic Peas	-1cup Brown Rice
	-½ Green Bell Pepper	-1g Flaxseed Oil Supplement
	- ½cup Cauliflower	
	-3sp Green Onion	
	-3sp Tomato	
	- ½ Lemon	
	- ½ Coconut Oil	
	-1sp Ketchup	
	-Salt/Pepper/Garlic Power	
	-1g Flaxseed Oil Supplement	
MACRO'S	CAL-315 PRO-30G CARB-30G FAT-15G	CAL- 380 PRO-24G CARB-62G FAT-4G
MEAL		
MEAL 6	CASEIN MILK PROTEIN	CASEIN MILK PROTEIN
DEFODE DEP	-2/3sp Casein or Whey or Protienx	-2/3sp Casein or Whey or Protinex
BEFORE BED	-240mlAlmond Milk (coconut or non fat milk)	-240ml Low fat Milk
10PM	-2sp Ground Flaxseeds	-1sclice Bread with 1sp Peanut Butter
	-Pinch Cinnamon	- 1g CLA Supplement
	- 1g CLA Supplement	
MACRO'S	CAL- 355 PRO-24G CARB-7G FAT-15G	CAL- 310 PRO-25G CARB-30G FAT-10G
TOTAL	CAL-1950 P-203 C-127 F-70	CAL-2177 P-143 C-309 F-41

INFORMATION:

- SLEEP 8HOURS MINIMUM
 DRINK 10-12 GLASS OF WATER (3-4LITERS)