



CREATED BY GYMNASIUM

NUTRITION PLAN // EVENING WORKOUT

NON-VEG

| TIME | WORKOUT DAYS & NON WORKOUT DAY NUTRITION | MACRO BREAKDOWN |
|---------------------------|--|--|
| MEAL 1 | | |
| BREAKFAST 8-9AM | PROTEIN SMOOTHIE -2/3sp Whey -1/2 cup Oats -1 Banana -1sp Peanut Butter -240ml non fat milk -2g Cinnamon | CAL - 410 CARBS - 50g PRO - 30g FAT - 10g |
| MEAL 2 | | |
| SNACK 11-12PM | SPINACH OMELETE -1 Whole Egg -5 Egg Whites -3 slice whole wheat bread -2 Handful Spinach -1 Orange | CAL - 410 CARBS - 50g PRO - 30g FAT - 10g |
| MEAL 3 | | |
| LUNCH 2-3PM | POTATO BEAN BOWL -100g Grilled Chicken -1/2 cup Black Kidney Beans or Red Kidney Beans -1/2 cup White Chickpeas -100g Sweet Potato -1/2 Green Bell Pepper -1/2sp Olive oil -3sp Onion -3sp Tomato -1/2 Lemon | CAL - 410 CARBS - 50g PRO - 30g FAT - 10g |
| MEAL 4 | | |
| SNACK 4-5PM | MULTI GRAIN MEAL -1/8cup Oats -1/8cup Quinoa -1/8cup Millet -1/8cup Amarathan -1/2sp Whey -1sp Peanuts + ½ Apple | CAL - 410 CARBS - 50g PRO - 30g FAT - 10g |

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| PRE W/O 6PM | PRE W/O SUPPLEMENT -1scoop C4 or Amino Energy or Assault or 1.M.R or No Xplode -200ml Cold Water OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk | |
| 6:30-7:30 | WORKOUT | |

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| POST W/O 7:30PM | POST W/O SUPPLEMENT -1-2scoop Whey Protein -5g BCAA -240ml Gatorade -1 Banana -1sp Honey OR POST W/O WITHOUT SUPPLEMENT -6 Boiled Egg Whites -240ml Non fat milk -1 Banana -1sp Honey | CAL – 400 CARBS – 70g PRO – 30g FAT – 0g |
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MEAL 5

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| DINNER 8:30-9PM | BOILED EGG SABJI -2 Whole Eggs (boiled) -3 Egg Whites (boiled) -½ Green Bell Pepper -3sp Red Onions -3sp Green Onion -3sp Tomato -2 Thin Chapatti -1sp Ketchup -Salt/Pepper/Garlic Power | CAL – 410 CARBS – 50g PRO – 30g FAT – 10g |
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MEAL 6

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| BEFORE BED 11PM | PROTEIN PAN CAKE -1 Whole Egg -1/2 Banana -1sp Chia Seeds or Flaxseeds -Pinch Cinnamon -1sp Casein Protein (or Whey) -1sp Almond butter or Peanut butter | CAL – 375 CARBS – 30g PRO – 30g FAT – 15g |
|---------------------------|---|--|

Calories - 2825 Protein – 210g Carbs – 350g Fat – 65g

NUTRITION PLAN // MORNING WORKOUT

NON-VEG

| TIME | WORKOUT DAYS & NON WORKOUT DAY NUTRITION | MACRO BREAKDOWN |
|---------------------------|---|--|
| MEAL 1 | | |
| BREAKFAST 6AM | PROTEIN SMOOTHIE -2/3sp Whey -1/2 cup Oats -1 Banana -1sp Peanut Butter -240ml non fat milk -2g Cinnamon | CAL - 410 CARBS - 50g PRO - 30g FAT - 10g |
| PRE W/O 7:30AM | PRE W/O SUPPLEMENT -1scoop C4 or Amino Energy or Assault or 1.M.R or No Xplode -200ml Cold Water OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk | |
| 8:00-9:00 | WORKOUT | |
| POST W/O 9:15AM | POST W/O SUPPLEMENT -1-2scoop Whey Protein -5g BCAA -240ml Gatorade -1 Banana -1sp Honey OR POST W/O WITHOUT SUPPLEMENT -6 Boiled Egg Whites -240ml Non fat milk -1 Banana -1sp Honey | CAL - 400 CARBS - 70g PRO - 30g FAT - 0g |
| MEAL 2 | | |
| SNACK 10-11AM | SPINACH OMELETE -1 Whole Egg -5 Egg Whites -3 slice whole wheat bread -2 Handful Spinach -1 Orange | CAL - 410 CARBS - 50g PRO - 30g FAT - 10g |
| MEAL 3 | | |
| LUNCH 1-2PM | POTATO BEAN BOWL -100g Grilled Chicken -1/2 cup Black Kidney Beans or Red Kidney Beans | CAL - 410 CARBS - 50g |

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| | -1/2 cup White Chickpeas -100g Sweet Potato -1/2 Green Bell Pepper -1/2sp Olive oil -3sp Onion -3sp Tomato -1/2 Lemon | PRO – 30g FAT – 10g | |
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MEAL 4

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| SNACK 4:30PM | MULTI GRAIN MEAL -1/8cup Oats -1/8cup Quinoa -1/8cup Millet -1/8cup Amarathan -1/2sp Whey -1sp Peanuts + ½ Apple | CAL – 410 CARBS – 50g PRO – 30g FAT – 10g | |
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MEAL 5

| | | | |
|------------------------|--|--|--|
| DINNER 7-8PM | BOILED EGG SABJI -2 Whole Eggs (boiled) -3 Egg Whites (boiled) -½ Green Bell Pepper -3sp Red Onions -3sp Green Onion -3sp Tomato -2 Thin Chapatti -1sp Ketchup -Salt/Pepper/Garlic Power | CAL – 410 CARBS – 50g PRO – 30g FAT – 10g | |
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MEAL 6

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|---------------------------|---|--|--|
| BEFORE BED 10PM | PROTEIN PAN CAKE -1 Whole Egg -1/2 Banana -1sp Chia Seeds or Flaxseeds -Pinch Cinnamon -1sp Casein Protein (or Whey) -1sp Almond butter or Peanut butter | CAL – 375 CARBS – 30g PRO – 30g FAT – 15g | |
|---------------------------|---|--|--|

Calories - 2825 Protein – 210g Carbs – 350g Fat – 65g

VEG PLAN BASED ON EVENING WORKOUT

| TIME | WORKOUT DAYS & NON WORKOUT DAY NUTRITION | MACRO BREAKDOWN |
|---------------------------|--|--|
| MEAL 1 | | |
| BREAKFAST 8-9AM | PROTEIN SMOOTHIE -2/3sp Whey -1/2 cup Oats -1 Banana -1sp Peanut Butter -240ml non fat milk -2g Cinnamon | CAL - 410 CARBS - 50g PRO - 30g FAT - 10g |
| MEAL 2 | | |
| SNACK 11-12PM | MILK & BREAD -240ml non fat milk (mix 1sp Protinex) -3 slice whole wheat bread -1sp Peanut Butter -1 Orange | CAL - 410 CARBS - 52g PRO - 28g FAT - 10g |
| MEAL 3 | | |
| LUNCH 2-3PM | POTATO BEAN BOWL -50g Soy Chunks -1/2 cup Black Kidney Beans or Red Kidney Beans -1/2 cup White Chickpeas -100g Sweet Potato -1/2 Green Bell Pepper -1/2sp Olive oil -3sp Onion -3sp Tomato -1/2 Lemon | CAL - 410 CARBS - 50g PRO - 30g FAT - 10g |
| MEAL 4 | | |
| SNACK 4-5PM | MULTI GRAIN MEAL -1/8cup Oats -1/8cup Quinoa -1/8cup Millet -1/8cup Amarathan -1/2sp Whey -1sp Peanuts + ½ Apple | CAL - 410 CARBS - 50g PRO - 30g FAT - 10g |
| PRE W/O 6PM | PRE W/O SUPPLEMENT -1scoop C4 or Amino Energy or Assault or 1.M.R or No Xplode -200ml Cold Water OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk | |
| 6:30-7:30 | WORKOUT | |

| | | |
|---------------------------|--|---|
| POST W/O 7:30PM | POST W/O SUPPLEMENT -1-2scoop Whey Protein -5g BCAA -240ml Gatorade -1 Banana -1sp Honey | CAL - 400 CARBS - 70g PRO - 30g FAT - 0g |
| | OR POST W/O WITHOUT SUPPLEMENT -240ml Non fat milk -1 Banana -1sp Honey | |

MEAL 5

| | | |
|---------------------------|--|--|
| DINNER 8:30-9PM | PANEER SABJI -100g Paneer - ½ green peas -½ Green Bell Pepper -3sp Red Onions -3sp Green Onion -3sp Tomato -2 Thin Chapatti -1sp Ketchup -Salt/Pepper/Garlic Power | CAL - 410 CARBS - 55g PRO - 25g FAT - 10g |
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MEAL 6

| | | |
|---------------------------|---|--|
| BEFORE BED 11PM | PROTEIN PAN CAKE -1/2 Banana -1sp Chia Seeds or Flaxseeds -Pinch Cinnamon -1sp Casein Protein (or Whey) -2sp Almond butter or Peanut butter | CAL - 375 CARBS - 30g PRO - 30g FAT - 15g |
|---------------------------|---|--|

Calories - 2825 Protein - 210g Carbs - 350g Fat - 65g

VEG PLAN BASED ON MORNING WORKOUT

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| MEAL 1 | | |
| BREAKFAST 6AM | PROTEIN SMOOTHIE -2/3sp Whey -1/2 cup Oats -1 Banana -1sp Peanut Butter -240ml non fat milk -2g Cinnamon | CAL - 410 CARBS - 50g PRO - 30g FAT - 10g |
| PRE W/O 7:30AM | PRE W/O SUPPLEMENT -1scoop C4 or Amino Energy or Assault or 1.M.R or No Xplode -200ml Cold Water OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk | |
| 8:00-9:00 | WORKOUT | |
| POST W/O 9:15AM | POST W/O SUPPLEMENT -1-2scoop Whey Protein -5g BCAA -240ml Gatorade -1 Banana -1sp Honey OR POST W/O WITHOUT SUPPLEMENT -240ml Non fat milk -1 Banana -1sp Honey | CAL - 400 CARBS - 70g PRO - 30g FAT - 0g |
| MEAL 2 | | |
| SNACK 10-11AM | MILK & BREAD -240ml non fat milk (mix 1sp Protinex) -3 slice whole wheat bread -1sp Peanut Butter -1 Orange | CAL - 410 CARBS - 52g PRO - 28g FAT - 10g |
| MEAL 3 | | |
| LUNCH 1-2PM | POTATO BEAN BOWL -50g Soy Chunks -1/2 cup Black Kidney Beans or Red Kidney Beans -1/2 cup White Chickpeas -100g Sweet Potato -1/2 Green Bell Pepper | CAL - 410 CARBS - 50g PRO - 30g FAT - 10g |

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| | -1/2sp Olive oil -3sp Onion -3sp Tomato -1/2 Lemon | | |
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MEAL 4

| | | | |
|------------------------|---|--|--|
| SNACK 4:30PM | MULTI GRAIN MEAL -1/8cup Oats -1/8cup Quinoa -1/8cup Millet -1/8cup Amarathan -1/2sp Whey -1sp Peanuts + ½ Apple | CAL - 410 CARBS - 50g PRO - 30g FAT - 10g | |
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| DINNER 7-8PM | PANEER SABJI -100g Paneer - ½ green peas -½ Green Bell Pepper -3sp Red Onions -3sp Green Onion -3sp Tomato -2 Thin Chapatti -1sp Ketchup -Salt/Pepper/Garlic Power | CAL - 410 CARBS - 55g PRO - 25g FAT - 10g | |
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MEAL 6

| | | | |
|---------------------------|---|--|--|
| BEFORE BED 10PM | PROTEIN PAN CAKE -1/2 Banana -1sp Chia Seeds or Flaxseeds -Pinch Cinnamon -1sp Casein Protein (or Whey) -2sp Almond butter or Peanut butter | CAL - 375 CARBS - 30g PRO - 30g FAT - 15g | |
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Calories - 2825 Protein - 210g Carbs - 350g Fat - 65g