



CREATED BY GYMNASIUM

MALE MACROS

	MACROS	<150lb	151-165lb	166-180lb	181-195lb	196lb <
WEEK 1	P-1.2g C-1.2g F-0.5g	P/C/F 168/168/70 1974 Cal	P/C/F 181/181/75 2128 Cal	P/C/F 199/199/83 2339 Cal	P/C/F 216/216/90 2538 Cal	P/C/F 235/235/98 2762 Cal
WEEK 2	P-1.2g C-1.0g F-0.5g	P/C/F 168/140/70 1862 Cal	P/C/F 181/151/75 2007 Cal	P/C/F 199/166/83 2207 Cal	P/C/F 216/181/90 2394 Cal	P/C/F 235/196/98 2606 Cal
WEEK 3	P-1.2g C-0.7g F-0.5g	P/C/F 168/98/70 1694 Cal	P/C/F 181/105/75 1825 Cal	P/C/F 199/116/83 2007 Cal	P/C/F 216/126/90 2178 Cal	P/C/F 235/137/98 2370 Cal
WEEK 4	P-1.2g C-0.3g F-0.5g	P/C/F 168/42/70 1584 Cal	P/C/F 181/45/75 1584 Cal	P/C/F 199/49/83 1742 Cal	P/C/F 216/54/90 1890 Cal	P/C/F 235/49/98 2057 Cal
WEEK 5	P-1.2g C-0g F-0.5g	P/C/F 168/0/70 1407 Cal	P/C/F 181/0/75 2339 Cal	P/C/F 199/0/83 1543 Cal	P/C/F 216/0/90 1674 Cal	P/C/F 235/0/98 1822 Cal
WEEK 6	P-1.2g C-1.2g F-0.5g	P/C/F 168/168/70 1974 Cal	P/C/F 181/181/75 2128 Cal	P/C/F 199/199/83 2339 Cal	P/C/F 216/216/90 2538 Cal	P/C/F 235/235/98 2762 Cal

FEMALE MACROS

	MACROS	<110lb	111-124lb	125-139lb	140-154lb	155lb <
WEEK 1	P-1.2g C-1.2g F-0.5g	P/C/F 126/126/52 1480 Cal	P/C/F 138/138/57 1621 Cal	P/C/F 150/150/62 1762 Cal	P/C/F 168/168/70 1974 Cal	P/C/F 186/186/77 2185 Cal
WEEK 2	P-1.2g C-1.0g F-0.5g	P/C/F 126/105/52 1396 Cal	P/C/F 138/115/64 1529 Cal	P/C/F 150/125/62 1662 Cal	P/C/F 168/140/70 1862 Cal	P/C/F 186/155/77 2061 Cal
WEEK 3	P-1.2g C-0.7g F-0.5g	P/C/F 126/73/52 1270 Cal	P/C/F 138/80/57 1391 Cal	P/C/F 150/87/62 1512 Cal	P/C/F 168/98/70 1694 Cal	P/C/F 186/108/77 1875 Cal
WEEK 4	P-1.2g C-0.3g F-0.5g	P/C/F 126/31/52 1102 Cal	P/C/F 138/34/57 1207 Cal	P/C/F 150/37/62 1312 Cal	P/C/F 168/42/70 1470 Cal	P/C/F 186/46/77 1627 Cal
WEEK 5	P-1.2g C-0g F-0.5g	P/C/F 126/0/52 976 Cal	P/C/F 138/0/57 1162 Cal	P/C/F 150/0/62 1162 Cal	P/C/F 168/0/70 1301 Cal	P/C/F 186/0/77 1441 Cal
WEEK 6	P-1.2g C-1.2g F-0.5g	P/C/F 126/126/52 1480 Cal	P/C/F 138/138/57 1621 Cal	P/C/F 150/150/62 1762 Cal	P/C/F 168/168/70 1974 Cal	P/C/F 186/186/77 2185 Cal

EXAMPLE: MALE 181LBS – 2538 CALORIES

TIME	NON-VEG	VEG
UPON WALKING UP	GREEN TEA EXTRACT - 500mg with 1 glass of water	GREEN TEA EXTRACT - 500mg with 1 glass of water
BREAKFAST 8-9AM	PROTEIN PANCAKE -1 Whole Egg -2/3 Whey Protein -1sp Chia Seed -1/4 cup Oats -1/3 Banana -2pinch Cinnamon	PROTEIN PANCAKE -3-5sp Milk -2/3 Whey Protein -2sp Chia Seed -1/4 cup Oats -1/3 Banana -2pinch Cinnamon
SNACK 10-11AM	EGGS & NUTS -7 Egg Whites -1 Apple -28g Almonds (20-22pieces)	EGGS & NUTS -300ml Non fat Milk -1 Apple -28g Almonds (20-22pieces)
30min BEFORE LUNCH	GREEN TEA EXTRACT - 500mg with 1 glass of water	GREEN TEA EXTRACT - 500mg with 1 glass of water
LUNCH 1-2PM	BROCCOLI BEAN SALAD -100g Grilled Chicken -1/2 cup Black Kidney Beans -1/2 cup Lettuce -1/2 cup Broccoli (or Cauliflower) -2sp Onion -2sp Tomato -2/3sp Olive Oil -1/2 Lemon	BROCCOLI BEAN SALAD -50g Paneer or Soy Chunk -1/2 cup Black Kidney Beans -1/2 cup Lettuce -1/2 cup Broccoli (or Cauliflower) -2sp Onion -2sp Tomato -2/3sp Olive Oil -1/2 Lemon
SNACK 3-4PM	PROTEIN YOGURT -1 cup Low Fat Yogurt -2/3 Scoop Whey -1/2 Pear/Apple -26g Peanuts	PROTEIN YOGURT -1 cup Low Fat Yogurt -2/3 Scoop Whey -1/2 Pear/Apple -26g Peanuts
PRE W/O 5PM	PRE W/O SUPPLEMENT -1scoop C4 or Amino energy -200ml Cold Water +500mg GTE OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water	PRE W/O SUPPLEMENT -1scoop C4 or Amino energy -200ml Cold Water+500mg GTE OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water
WORKOUT		
POST W/O 6-7PM	POST W/O SUPPLEMENT -1-2scoop Whey Protein+ 5g Glutamine -300ml Cold Water -1 cup Grapes OR POST W/O WITHOUT SUPPLEMENT -6 Boiled Egg Whites -1 cup Grapes	POST W/O SUPPLEMENT -1-2scoop Whey Protein+ 5g Glutamine -300ml Cold Water -1 cup Grapes OR POST W/O WITHOUT SUPPLEMENT -1cup Milk + 2sp Protinex -1 cup Grapes

DINNER 8-9PM	PINEAPPLE RICE -80g Grilled Chicken Breast -1/2 cup Brown Rice -2sp Onions -2sp Tomato -1 slice Pineapple -1sp Ketchup -Salt/Pepper/Garlic Power -1/2 Lemon	PINEAPPLE RICE -50g Paneer -1/2 cup Brown Rice -2sp Onions -2sp Tomato -1 slice Pineapple -1sp Ketchup -Salt/Pepper/Garlic Power -1/2 Lemon
BEFORE BED 10-11PM	PROTEIN MILK -1cup(240ml) Low Fat Milk -1/2 Casein or Whey -18 Almonds (crushed)	PROTEIN MILK -1cup(240ml) Low Fat Milk -1/2 Casein or Whey -18 Almonds (crushed)
TOTAL	CAL - 2538 Pro - 216g Carbs - 216g Fat - 90g	

EXAMPLE: FEMALE 125LBS - 1762 CALORIES

TIME	NON-VEG	VEG
UPON WALKING UP	GREEN TEA EXTRACT - 500mg with 1 glass of water	GREEN TEA EXTRACT - 500mg with 1 glass of water
BREAKFAST 8-9AM	PROTEIN PANCAKE -1 Whole Egg -1/3 Whey Protein -1sp Chia Seed -1/8 cup Oats -1/4 Banana -2pinch Cinnamon	PROTEIN PANCAKE -3sp Milk -1/3 Whey Protein -2sp Chia Seed -1/8 cup Oats -1/4 Banana -2pinch Cinnamon
SNACK 10-11AM	EGGS & NUTS -4 Egg Whites -1/2 Apple -18g Almonds (12pieces)	MILK & NUTS -240ml Milk -1/2 Apple -18g Almonds (12pieces)
30min BEFORE LUNCH	GREEN TEA EXTRACT - 500mg with 1 glass of water	GREEN TEA EXTRACT - 500mg with 1 glass of water
LUNCH 1-2PM	BROCCOLI BEAN SALAD -50g Grilled Chicken -1/3 cup Black Kidney Beans -1/2 cup Lettuce -1/2 cup Broccoli (or Cauliflower) -2sp Onion -2sp Tomato -2/3sp Olive Oil -1/2 Lemon	BROCCOLI BEAN SALAD -50g Paneer or Soy Chunk -1/3 cup Black Kidney Beans -1/2 cup Lettuce -1/2 cup Broccoli (or Cauliflower) -2sp Onion -2sp Tomato -2/3sp Olive Oil -1/2 Lemon
SNACK 3-4PM	PROTEIN YOGURT	PROTEIN YOGURT

	-1 cup Low Fat Yogurt -1/3 Scoop Whey -1/2 Pear/Apple -18g Peanuts	-1 cup Low Fat Yogurt -1/3 Scoop Whey -1/2 Pear/Apple -18g Peanuts
PRE W/O 5PM	PRE W/O SUPPLEMENT -1scoop Amino energy -200ml Cold Water -500mg Green Tea Extract OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water	PRE W/O SUPPLEMENT -1scoop Amino energy -200ml Cold Water -500mg Green Tea Extract OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water
WORKOUT		
POST W/O 6-7PM	POST W/O SUPPLEMENT -1scoop Whey Protein+ 5g Glutamine -300ml Cold Water -1 cup Grapes OR POST W/O WITHOUT SUPPLEMENT -5 Boiled Egg Whites -1 cup Grapes	POST W/O SUPPLEMENT -1scoop Whey Protein+ 5g Glutamine -300ml Cold Water -1 cup Grapes OR POST W/O WITHOUT SUPPLEMENT -240ml Non Fat Milk - 2sp Sugar Free Protinex -1 cup Grapes
DINNER 8-9PM	PINEAPPLE RICE -60g Grilled Chicken Breast -2/3 cup Brown Rice -2sp Onions -2sp Tomato -1/2 slice Pineapple -1sp Ketchup -Salt/Pepper/Garlic Power -1/2 Lemon	PINEAPPLE RICE -80g Paneer -2/3 cup Brown Rice -2sp Onions -2sp Tomato -1/2 slice Pineapple -1sp Ketchup -Salt/Pepper/Garlic Power -1/2 Lemon
BEFORE BED 10-11PM	PROTEIN MILK -2/3cup(200ml) Low Fat Warm Milk -1/3 Casein or Whey -10 Almonds (crushed)	PROTEIN MILK -2/3cup(200ml) Low Fat Warm Milk -1/3 Casein or Whey -10 Almonds (crushed)
TOTAL	CAL - 1762 Pro - 150g Carbs - 150g Fat - 62g	

IMPORTANT INFO

1. This is Veg/Non Veg Nutrition Plan for both Men & women.
2. Above nutrition plan is based on 181 pound for Men and 125 pound for Women.
3. Pick your weight and take the calories accordingly.
4. Lower your carbs every week.

5. Week 5 will be zero carbs day, means no rice, no oats, no grapes.
6. You can add White fish once or twice a week at lunch or dinner.
7. You can have flaxseed instead of chia seed if needed.
8. You can replace Almonds with walnuts in meal 6.
9. Drink 4 liters of water a day.
10. Add orange in snack if needed.
11. Sleep 8 hours.
12. Take your picture every week with measurements.