

### **BREAKFAST- 445**

*50 gms raw oats + 1scoop protein*

*Papaya 200 gms*

*Almonds 10*

### **LUNCH- 750 calories**

*Use 1 tbsp apple cider vinegar before having lunch*

*+ add ginger in your meal while Raw*

*White rice 80 gms*

*Paneer – 100 gms*

*Use 10 gms mustard oil to cook lunch*

*Curd – 200 gms*

- *Use ONION +TOMATO to Cook don't eat raw*

### **PRE WORKOUT - 117 calories**

*1 BANANA MEDIUM SIZED 100 gms*

### **POST WORKOUT+DINNER – 995 calories**

*100 gms poha raw*

*100 gms banana*

*Paneer – 100 gms*

*+1.5 scoop protein*

- ❓ *Use mustard oil 10 gms to cook*

*poha*

- ❓ *Use onion, tomatoes to cook poha and add paneer*
- *Don't forget to add ginger in your meal*

**CALORIES – 2307 approx**

**approxPROTEIN – 128**

**gms FATS –87 gms**

**CARBS – 252 gms**

### ***KEY POINTS TO REMEMBER***

- ***DRINK 12 GLASSES OF WATER MINIMUM***
- ***DON'T DRINK CAFFEINE OR ALCOHOL***
- ***USE MENTIONED QUANTITY***
- ***TAKE SMALL BITES OF FOOD***
- ***DON'T ADD FOOD BY YOUR OWN BECAUSE ITS  
HIGHLY CUSTOMIZED AND DON'T SHARE IT WITH  
ANYONE IT MAY HARM SOMEONE'S HEALTH***