

## ATHLETIC INDIA - MEAL PLAN - FAT TO FIT (VEG EGGS)

### 1. BREAKFAST (PROTEIN - 20-25 GMS)

#### 1.1 PROTEIN (TAKE 1-2 OPTIONS) -

- 4-5 EGG WHITES (BOILED OR OMLETTE).
- 1 WHOLE EGG (BOILED OR OMLETTE) AND 3 EGG WHITES(BOILED OR OMLETTE).
- 50 GMS MOONG (SOAKED OVERNIGHT IN WATER THEN SPROUTED OR BOILED)(TAKE WEIGHT BEFORE SOAKING IN WATER).
- 50 GMS CHICKPEAS (WHITE CHANA) (SOAKED OVERNIGHT IN WATER THEN SPROUTED OR BOILED)(TAKE WEIGHT BEFORE SOAKING IN WATER).
- MILK (SKIM MILK (NO FAT MILK PREFERED)) - 300 ML.

#### 1.2 CARBS ( TAKE 1 OPTION) -

- 2 BROWN BREADS.
- POHA (1 CUP)
- DALIYA (1 CUP)
- IDLY (1-2 PIECES)
- DOSA (1 PIECE )(PREFER LESS POTATOES).
- CORNFLAKES (1 CUP)
- OATS (30 -40 GMS)
- FRUITS (1 PIECE)(ANY FRUIT)

#### 1.3 FATS (TAKE ANY 1 )

- DRY FRUITS (8-10 PIECES)
- CHIA SEEDS (1 TABLE SPOONS - 15 GMS).

NOTES FOR BREAKFAST - YOU NEED TO KEEP PROTEIN INTAKE HIGH SO TAKE 1-2 OPTIONS OF PROTEIN THAT ARE MENTIONED. YOU CAN SKIP THE CARBS OPTIONS IF YOU ARE NOT THAT HUNGRY. IF YOU WANT TO EAT TAKE ANY 1 OPTION FROM CARBS. FOR GOOD FATS JUST TAKE 8-10 DRY FRUITS.

## 2. LUNCH (25-30 GMS PROTEIN) -

### 2.1 PROTEIN (TAKE 1 OPTION) -

- LENTILS (DAAL IN HINDI)(ANY DAAL ) (150 -200 GMS ,TAKE WEIGHT AFTER COOKING).
- RAAJMA CURRY (150 -200 GMS ,TAKE WEIGHT AFTER COOKING).
- CHICKPEAS(WHITE CHANA OR KAALA CHANA) CURRY (100 GMS,TAKE WEIGHT AFTER COOKING).
- SOY PANEER (TOFU) (150-200 GMS).
- SOYA CHUNKS (30-50 GMS ,TAKE WEIGHT BEFORE SOAKING IN WATER ).

### 2.2 CARBS AND FATS (TAKE 1 OPTION) -

- ROTI (2 ROTIES)
- RICE (100 -150 GMS ,TAKE WEIGHT AFTER COOKING) ( CAN TAKE 100 GMS RICE AND 1 ROTI TOGETHER).

### ADDITIONAL THINGS -

- CURD (100 - 200 GMS) (CAN SKIP IF YOU DON'T WANT).
- 1 BOWL OF UNCOOKED RAW VEGETABLES SALAD (ANY VEGETABLE). (MUST TAKE)

## 3. PRE WORKOUT -

- IF HUNGRY TAKE 2 BANANA 10 MINS BEFORE WORKING OUT.

## 4. POST WORKOUT (TAKE ANY 1 OPTION) (15-20 GMS PROTEIN) -

- 3 EGG WHITES, 1 WHOLE EGG (BOILED OR OMLETTE). .
- 50 GMS MOONG (SOAKED OVERNIGHT IN WATER THEN SPROUTED OR BOILED)(TAKE WEIGHT BEFORE SOAKING IN WATER).
- WHEY PROTEIN SHAKE - 1 SOOP WHEY PROTEIN IN 200 ML WATER.
- 1 GLASS (LOW FAT MILK).

## 5. DINNER (25-30 GMS PROTEIN) -

### 5.1 PROTEIN (TAKE 1 OPTION) -

- LENTILS (DAAL IN HINDI)(ANY DAAL ) (150 -200 GMS ,TAKE WEIGHT AFTER COOKING).
- RAAJMA CURRY (150 -200 GMS ,TAKE WEIGHT AFTER COOKING).
- CHICKPEAS(WHITE CHANA OR KAALA CHANA) CURRY (100 GMS,TAKE WEIGHT AFTER COOKING).
- SOY PANEER (TOFU) (150-200 GMS).
- SOYA CHUNKS (30-50 GMS ,TAKE WEIGHT BEFORE SOAKING IN WATER ).
- PANEER (COTTAGE CHEESE) (50 GMS)

### 5.2 CARBS AND FATS (TAKE 1 OPTION) -

- ROTI (2 ROTIES)
- RICE (100 -150 GMS ,TAKE WEIGHT AFTER COOKING) ( CAN TAKE 100 GMS RICE AND 1 ROTI TOGETHER).

## NOTES -

- FAT LOSS WILL ONLY HAPPEN WHEN YOU TAKE LOW CALORIES IN DIET, SO TAKE LESS THAN 1800 CALORIES DAILY, MUSCLE GAIN HAPPENS WITH TAKING HIGHER PROTEIN IN DIET SO MAKE SURE YOU ARE TAKING MORE THAN 100 GMS DAILY.
- SINCE MOST OF THE FOODS WE EAT ARE VEGETARIANS, SO THEY ARE RICH IN CARBS SO DON'T WORRY ABOUT COUNTING YOUR CARBS AND FATS, JUST FOCUS ON TAKING HIGH PROTEIN AND LOW OVERALL CALORIES IN DIET.
- ANYTIME YOU ARE HUNGRY, DON'T STARVE, INSTEAD EAT LOW CALORIES FOODS LIKE RAW UNCOOKED VEGETABLES - SPINACH, CARROT, TOMATOES, CUCUMBERS (ANYTHING YOU LIKE IN ANY AMOUNTS AS THEY ARE EXTREMELY LOW IN CALORIES, DON'T COOK THEM EAT AFTER WASHING).
- IF YOU WORKOUT IN THE MORNING INSTEAD OF EVENING THEN TAKE BREAKFAST AFTER WORKOUT AND TAKE THE POST WORKOUT MEAL THAT I HAVE GIVEN (4<sup>TH</sup> MEAL) AS EVENING SNACK.

- IF YOU TAKE WHEY PROTEIN THEN TAKE THAT RIGHT AFTER YOUR WORKOUT (ONLY 1 SCOOP PER DAY).

#### NUTRITIONAL VALUES OF COMMON FOODS -

1. 1 EGG WHITE - 15 CALORIES , 3.5 GMS PROTEIN.
2. 1 WHOLE EGG - 80 CALORIES, 6 GMS PROTEIN.
3. MOONG (100 GMS , WEIGHT BEFORE SOAKING IN WATER) - 350 CALORIES, 24GMS PROTEIN
4. CHICKPEAS (WHITE CHANA) (100 GMS , WEIGHT BEFORE SOAKING IN WATER) - 350 CALORIES, 19GMS PROTEIN.
5. RAAJMA (KIDNEY BEANS) (100 GMS , WEIGHT BEFORE SOAKING IN WATER) - 350 CALORIES, 24 GMS PROTEIN.
6. TOFU (100 GMS , WEIGHT BEFORE SOAKING IN WATER) - 70 CALORIES, 7 GMS PROTEIN
7. PANEER (100 GMS , WEIGHT BEFORE SOAKING IN WATER) - 350 CALORIES, 20 GMS PROTEIN
8. ROTI (100 GMS , WEIGHT BEFORE SOAKING IN WATER) - 80 CALORIES, 3 GMS PROTEIN
9. RICE (100 GMS , WEIGHT AFTER COOKING) - 130 CALORIES, 2 GMS PROTEIN
10. MILK (NORMAL ,100 ml)- 60 CALORIES, 3 GMS PROTEIN (SAME AS CURD).
11. MILK (LOW FAT MILK, 100 ml) - 35 CALORIES, 3.5 GMS PROTEIN.

YOUR DAILY TARGET - 100 PLUS GRAMS PROTEIN, LESS THAN 1800 CALORIES.