

**1800 calories**  
**195protein/80carbs/70fat**

**NOTE:** Quantity of ingredients will depend on your Macro split and calorie limit. This is an example.

**MEAL 1- WALNUT EGG BHURJI (7-8 am)**

6 Egg Whites  
¼ cup chickpeas  
25g Walnut

**MEAL 2-CURD PROTEIN (11-12 noon)**

½ cup Plain Curd  
2/3sp Whey  
½ Apple  
1sp Flaxseed  
1sp Raisins  
5 Crushed Almonds

**MEAL 3- Chicken tawa(2-3pm)**

120g Chicken  
½ sp Coconut Oil  
½ cup Plain Non fat yogurt

1cup Veggies (Bell pepper/Onion, etc.)

## **PRE-WORKOUT DRINK, INTRA WORKOUT & POST WORKOUT DRINK**

### **Pre-workout (5:30 pm)**

-2.5 g creatine monohydrate

-5g BCAA

### **Intra workout (during workout)**

-10g BCAA (OPTIONAL)

..... WORKOUT.....(evening 6-7:30 pm)

### **Post workout (7:30)**

-5g creatine monohydrate

-1 scoop whey Isolate or Blend or concentrate protein.

**Note: If you work out in MORNING then, Have MEAL 1 at least 1 hour before your workout and take your pre workout with it.**

## **MEAL 4- Eggs&fish(8:30- 9 pm)**

5 Boiled Eggs

1/3cup Kidney Beans

120g Fish (White Fish or Tuna)

1sp Coconut Oil

5oz (140g) Sweet Potato

2oz (50g) Broccoli

### **MEAL 5- Slow Protein(10- 11 pm)**

240ml Almond Milk (or Water)

2/3sp Casein Protein

20g Almonds or Cashews

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