

2500 calories

192protein/304carbs/57fat

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

MEAL 1- Oat meal (7-8 am)

- 60g Oats
- 10g cashews + 10g walnuts or almonds
- WHEY ISOLATE PROTEIN 1scoop
- Half apple OR half banana
- 40 g blue berries or Rash berries or Grapes
- Sprinkle cinnamon
- 1tb spoon peanut butter (100% Natural) -

MEAL 2- Egg Bhurji (11-12 noon)

- Omelette (1 whole +5 EGG white) OR 150g low fat paneer
- 1 CUP Spinach
- Chopped onions 2 spoon
- Whole wheat/meal bread 2 slice
- Half orange
- Green Tea 1 bag

MEAL 3- Fried Rice (2-3pm)

- 120g Brown Rice (COOKED)
- 3 eggs (1 whole+ 2 whites)
- 1tb SPOON pasta Sauce OR Raw Tomato chutni (less salt) Or Barbeque sauce (no sugar)
- 120g Chicken breast OR Soya chunks or Tofu (Add BROCCOLI, bell pepper and onions on fried rice)
- Ginger, Garlic and green chillies.
- L- carnitine 1 capsule.

MEAL 4- Rice cake snack (4:30- 5pm) -3

- rice cakes or 1 slice whole wheat bread.
- 60g low fat high protein yogurt

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 5- Panner Bhurji wrap (8:30- 9 pm)

- 1 Roti or Wrap (whole wheat)
- 200g Low fat Paneer
- Chopped onions 2 spoons
- cumin/jeera (5g)
- Chopped tomato 2 spoons
- Cucumber and Lettuce (or Cabbage)

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