

2000 calories

200protein/147carbs/68fat

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

MEAL 1- Protein shake(7-8 am)

- ½ Banana
- 1sp Peanut Butter
- 2sp Low fat Yogurt
- 200ml Almond Milk or Soy Milk
- 1.1sp Whey Protein
- Pinch of Cinnamon
- Ice cubes

MEAL 2- Greek Yogurt(11-12 noon)

- 1 Cup Plain Greek Yogurt
- 20g Roasted Peanuts
- 1g Cinnamon
- Green Tea 1 bag

MEAL 3-Paneer & Veggies (2-3pm)

- 100g Paneer
- ½ cup Kidney Beans (Rajma)
- ½ cup Green Bell Pepper
- ½ cup Broccoli (or Cauliflower)
- 2sp Onion
- 2sp Tomato
- Ginger, Garlic and green chillies.
- L- carnitine 1 capsule.

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- Roti Soy Wrap(8:30- 9pm)

-50g Soy Chunk

-1 Large Roti

-½ cup Chickpeas

-2sp Onions

-2sp Tomato

-1sp Yogurt

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MEAL 5- Warm Milk(10- 11 pm)

-1cup Non Fat or Low Fat Milk

-2 Green Cardamom

-2 Cloves

-Pinch Cinnamon

-Add 2/3sp Whey Protein

-20 Almonds (crushed)

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