

NUTRITION PLAN

NON-VEG PLAN BASED ON EVENING WORKOUT

NON WORKOUT DAY

WORKOUT DAYS

TIME

		200
WAKING UP	DETOX JUICE (Twice a week)	42.4
MEAL 1	SUPER OATS	SUPER OATS
	-1/2sp Whey	-1sp Whey
BREAKFAST	-1/2 cup Oats	-1 cup Oats
8-9AM	-1/2 Banana	-1/2 Banana
	-1sp Chia Seeds	-2g Cinnamon
	-2g Cinnamon	-1 Multivitamins
	-4 Boiled Egg Whites	
	-1 Multivitamins	
MACRO'S	CAL- 322 PRO-28G CARB-30G FAT-10G	CAL-379 PRO-28G CARB-60G FAT-3G
MEAL 2	OMELETE	BREAD OMELETE
SNACK	-6 Egg Whites	-5 Egg Whites
11-12PM	-1 Orange or Pear Or Apple	-3 Slice Wheat Bread
MACRO'S	CAL- 240 PRO-24G CARB-16G FAT-0G	CAL- 323 PRO-24G CARB-50G FAT-3G
MEAL 3	CHICKEN SALAD	PANEER BHURJI
	-100g Grilled or boiled Chicken	-80g Paneer
	-1cup Cucumber	-2 Roti
LUNCH	-1c Green Leaves or Lettuce or Cabbage	- ½ Cucumber
2-3PM	-1 large Carrot	-1g CLA Supplement
2-3FWI	-3sp Tomato	
	-1 Whole Egg	
	-20g Walnut	
	-1sp Vinegar	
	-Avocado & Broccoli (option)	
	-Non Fat Ranch (optional)	
MACRO'S	-1g CLA Supplement CAL- 326 PRO-25G CARB-25G FAT-14G	CAL- 390 PRO-20G CARB-55G FAT-10G
MACRUS	CAL- 320 FRO-230 CARD-230 FAT-140	CAL- 390 FRO-200 CARD-330 FAI-100
MEAL 4	BANANA PROTEIN	OATS COOKIES & CHANNE
MEAL 4	-1 Banana	-1cup Dry Roasted Channe
SNACK	-1sp Peanut Butter	-4 Oats Cookies (Britania)
4-5PM	-1sp Peanuts	-3 Egg Whites or (½sp Whey in Water)
	-1sp Whey (or 2sp Protinex)	5 258 ··································
	(or -)	

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MACRO'S CAL- 315 PRO-30G CARB-30G FAT-15G CAL- 353 PRO-22G CARB-55G FAT-5G

PRE W/O	PRE W/O SUPPLEMENT		
6PM	-1scoop Amino Energy		
	-200ml Cold Water		
	OR		NO WORKOUT
	•		
	PRE W/O WITHOUT SUPPLEMENT		
	-½tbs Coffee (Nescafe)		
	-240ml Hot Water + 1sp milk		
DURING W/O	DURING W/O SUPPLEMENT (or No Sup	plement just water)	
6:30-7:30	-1scoop Xtend		NO WORKOUT
	-750ml Cold Water (Mix it a cold water bottle and sip it through out the workout)		
POST W/O	POST W/O SUPPLEMENT		
7:30PM	-1-2scoop Prostar Whey Protein		
7.501 1.1	-240ml cold water or 1sp(200ml) Gatorad	0	
		ie .	NO WORKOUT
	OR		
	POST W/O WITHOUT SUPPLEMENT		
	-6 Boiled Egg Whites		
	-240ml Non fat milk	4	
MACRO'S	CAL- 136 PRO-34G CARB-0G FAT-0G		
			
MEAL 5	VEGGIE BOWL with Chicken	SCRAMBLED EGGS	& RICE
DIMNED	- ½cup Brown Rice	-5 Egg Whites	
DINNER 8:30-9PM	- 80g Chicken Breast (or boiled)	-1cup Brown Rice	
0.30-3FW	- ½ Chick Peas	(Make Scrambled Eggs then little bit salt and pepper)	add cooked brown rice,
	-½ Green Bell Pepper	-1g Fish Oil Supplen	nent
	- ½cup Cauliflower	0	
	-3sp Green Onion(or Red Onion)		
	-3sp Tomato		
	- ½ Lemon		
	- ½ Coconut Oil		
	-1sp Ketchup		
	-Salt/Pepper/Garlic Power		
MACDO'C	-1g Fish Oil Supplement	CAL 227 DDO 250 0	ADD FOC FAT 2C
MACRO'S	CAL- 355 PRO-30G CARB-25G FAT-15G	CAL- 327 PRO-25G C	ARD-SUG FAI-SG
MEAL 6	CASEIN MILK PROTEIN	CASEIN MILK PROT	FIN
I-ILIII U	-2/3sp Casein or Whey or Protienx	-2/3sp Casein or Wh	
BEFORE BED	-240mlAlmond Milk (coconut or non fat milk)	-2/3sp casell of Will	cy of Frontiex
11PM	-2sp Ground Flaxseeds	-1sclice Bread with 1	en Paanut Rutter
	-Pinch Cinnamon	- 1g CLA Supplemen	
	- 1g CLA Supplement	- 19 CLA Supplemen	•
MACRO'S	CAL- 355 PRO-24G CARB-7G FAT-15G	CAL- 310 PRO-25G	CARB-30G FAT-10G
TOTAL	CAL-1930 P-203 C-122 F-70	CAL-2082 P-14	
TOTAL	CAE-1930 F-203 C-122 F-/U	CAL-2002 P-14	1 C-300 T-34

NON-VEG PLAN BASED ON MORNING WORKOUT

TIME	WORKOUT DAYS	NON WORKOUT DAY
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WAKING UP	DETOX JUICE (Twice a week)	
6:30AM	, , ,	
PRE W/O	PRE W/O SUPPLEMENT	
7:00AM	-1scoop Amino Energy	
	-200ml Cold Water	
	OR	NO WORKOUT
	PRE W/O WITHOUT SUPPLEMENT	
	-½tbs Coffee (Nescafe)	
	-240ml Hot Water + 1sp milk	
DURING W/O	DURING W/O SUPPLEMENT (or No	
7:30-9:00	Supplement just water)	NO WORKOUT
	-1scoop Xtend	
	-750ml Cold Water	
DOCT W/O	(Mix it a cold water bottle and sip it through out the workout)	
POST W/O 9:00AM	POST W/O SUPPLEMENT	
9.00AM	-1-2scoop Prostar Whey Protein	
	-240ml cold water or 1sp(200ml)	NO WORKOUT
	Gatorade	NO WORKOOT
	OR	
	POST W/O WITHOUT SUPPLEMENT	
	-6 Boiled Egg Whites	
	-240ml Non fat milk	
MACRO'S	CAL- 136 PRO-34G CARB-0G FAT-0G	

MEAL 1	SUPER OATS	SUPER OATS
	-1/2sp Whey	-1sp Whey
BREAKFAST	-1/2 cup Oats	-1 cup Oats
10AM	-1/2 Banana	-1/2 Banana
	-1sp Chia Seeds	-2g Cinnamon
	-2g Cinnamon	-1 Multivitamins
	-4 Boiled Egg Whites	
	-1 Multivitamins	
MACRO'S	CAL- 322 PRO-28G CARB-30G FAT-10G	CAL- 379 PRO-28G CARB-60G FAT-3G
MEAL 2	OMELETE	BREAD OMELETE
SNACK	-6 Egg Whites	-5 Egg Whites
12-1PM	-1 Orange or Pear Or Apple	-3 Slice Wheat Bread
MACRO'S	CAL- 240 PRO-24G CARB-16G FAT-0G	CAL- 323 PRO-24G CARB-50G FAT-3G
MEAL 3	CHICKEN SALAD	PANEER BHURJI
	-100g Grilled or boiled Chicken	-80g Paneer
	-1cup Cucumber	-2 Roti

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LUNCH	-1c Green Leaves or Lettuce or Cabbage	- ½ Cucumber	
3-4PM	-1 large Carrot	-1g CLA Supplement	
	-3sp Tomato		
	-1 Whole Egg		
	-20g Walnut		
	-1sp Vinegar		
	-Avocado & Broccoli (option)		
	-Non Fat Ranch (optional)		
	-1g CLA Supplement		
MACRO'S	CAL- 326 PRO-25G CARB-25G FAT-14G	CAL- 390 PRO-20G CARB-55G FAT-10G	
MACKOS	CAL- 320 TRO-230 CARD-230 TAT-140	CAL- 390 TRO-200 CARD-330 TAT-100	
	BANANA PROTEIN	OATS COOKIES & CHANNE	
MEAL 4		, , , , , , , , , , , , , , , , , , , ,	
CNI A CNI	-1 Banana	-1cup Dry Roasted Channe	
SNACK	-1sp Peanut Butter	-4 Oats Cookies (Britania)	
5-6PM	-1sp Peanuts	-3 Egg Whites or (½sp Whey in Water)	
NA CD OLG	-1sp Whey (or 2sp Protinex)	CAY ONE PRO COS CARRESTO	
MACRO'S	CAL-315 PRO-30G CARB-30G FAT-15G	CAL- 353 PRO-22G CARB-55G FAT-5G	
MEDAL E			
MEAL 5	VEGGIE BOWL with Chicken	SCRAMBLED EGGS & RICE	
DIMMED	- ½cup Brown Rice	-5 Egg Whites	
DINNER 8-9PM	- 80g Chicken Breast (or boiled)	-1cup Brown Rice	
8-9PM	- ½ Chick Peas	(Make Scrambled Eggs then add cooked brown rice, little bit salt and pepper)	
	-½ Green Bell Pepper	-1g Fish Oil Supplement	
	- ½cup Cauliflower	Ty Tish on supplement	
	-3sp Green Onion(or Red Onion)		
	-3sp Tomato		
	- ½ Lemon		
	- ½ Coconut Oil		
	-1sp Ketchup		
	-Salt/Pepper/Garlic Power		
	-1g Fish Oil Supplement		
MACRO'S	CAL- 355 PRO-30G CARB-25G FAT-15G	CAL- 327 PRO-25G CARB-50G FAT-3G	
MEAL 6	CASEIN MILK PROTEIN	CASEIN MILK PROTEIN	
	-2/3sp Casein or Whey or Protienx	-2/3sp Casein or Whey or Protinex	
BEFORE BED	-240mlAlmond Milk (coconut or non fat milk)	-240ml Low fat Milk	
10-11PM	-2sp Ground Flaxseeds	-1sclice Bread with 1sp Peanut Butter	
	-Pinch Cinnamon	- 1g CLA Supplement	
	- 1g CLA Supplement	2g car supplement	
MACRO'S	CAL- 355 PRO-24G CARB-7G FAT-15G	CAL- 310 PRO-25G CARB-30G FAT-10G	
TOTAL	CAL-1930 P-203 C-122 F-70	CAL-2082 P-144 C-300 F-34	
TOTAL	GHE 17301-203 G-122 I'-/ U	CIL 2002 I - I TT C 300 I - 34	ĺ

VEG PLAN BASED ON EVENING WORKOUT

TIME	WORKOUT DAYS	NON WORKOUT DAY
WAKING UP	DETOX JUICE (Twice a week)	
MEAL 1	SUPER OATS	SUPER OATS
	-1sp Whey	-1sp Whey (or 2sp Proteinx)
BREAKFAST	-1/2 cup Oats	-1 cup Oats
8-9AM	-1/2 Banana	-1/2 Banana
	-1sp Chia Seeds	-2g Cinnamon
	-2g Cinnamon	-1 Multivitamins
	-1 Multivitamins	
MACRO'S	CAL-330 PRO-30G CARB-30G FAT-10G	CAL- 379 PRO-28G CARB-60G FAT-3G
MEAL 2	PROTEIN DRINK	PEANUT BUTTER TOAST
SNACK	-1so Whey or Casein	-3slice Wheat Bread
11-12PM	-1 Orange or Pear Or Apple	-1sp Peanut Butter
MACDOIC	CAL DAO DEO DEC CARRAGO DATOS	-240ml Non fat Milk
MACRO'S	CAL- 240 PRO-25G CARB-15G FAT-0G	CAL- 386 PRO-24G CARB-50G FAT-10G
	BEAN SALAD	PANEER BHURJI
MEAL 3	-1/2 Kidney Beans	-80g Paneer
	-1cup Cucumber	-2 Roti
	-1c Green Leaves or Lettuce or Cabbage	- ½ Cucumber
LUNCH	-1 large Carrot	-1g CLA Supplement
2-3PM	-3sp Tomato	1g om oupprement
	-50g Paneer	
	-20g Walnut	
	-1sp Vinegar	
	-Avocado & Broccoli (option)	
	-1g CLA Supplement	
MACRO'S	CAL- 315 PRO-30G CARB-15G FAT-15G	CAL-390 PRO-20G CARB-55G FAT-10G
MEAL 4	BANANA PROTEIN	OATS COOKIES & CHANNE
	-1 Banana	-1cup Dry Roasted Channe
SNACK	-1sp Peanut Butter	-3 Oats Cookies (Britania)
4-5PM	-1sp Peanuts	-200ml Non Fat milk with 1sp Protinex
	-1sp Whey (or 2sp Proteinx)	
MACRO'S	CAL- 315 PRO-30G CARB-30G FAT-15G	CAL- 323 PRO-22G CARB-52G FAT-4G

PRE W/O	PRE W/O SUPPLEMENT	
6PM	-1scoop Amino Energy	
	-200ml Cold Water	
	OR	NO WORKOUT
	PRE W/O WITHOUT SUPPLEMENT	

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	-½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk	
DURING W/O 6:30-7:30	DURING W/O SUPPLEMENT (or No Supplement just water) -1scoop Xtend -750ml Cold Water (Mis it a cold water bottle and sip it through out the workout)	NO WORKOUT
POST W/O 7:30PM	POST W/O SUPPLEMENT -1-2scoop Prostar Whey Protein -240ml cold water or 1sp(200ml) Gatorade OR POST W/O WITHOUT SUPPLEMENT -2sp Sugar Free Protinex -240ml Non fat milk	NO WORKOUT
MACRO'S	CAL- 136 PRO-34G CARB-0G FAT-0G	
MEAL 5 DINNER 8:30-9PM	VEGGIE BOWL with Soy Chunks - ½cup Brown Rice -50g Soy Chunks - ½ Chic Peas -½ Green Bell Pepper - ½cup Cauliflower -3sp Green Onion -3sp Tomato - ½ Lemon - ½ Coconut Oil -1sp Ketchup -Salt/Pepper/Garlic Power -1g Flaxseed Oil Supplement	LENTIL & RICE -½cup cooked Black Lentil -1cup low fat yogurt -1cup Brown Rice -1g Flaxseed Oil Supplement
MACRO'S	CAL- 315 PRO-30G CARB-30G FAT-15G	CAL- 380 PRO-24G CARB-62G FAT-4G
MEAL 6 BEFORE BED 11PM	CASEIN MILK PROTEIN -2/3sp Casein or Whey or Protienx -240mlAlmond Milk (coconut or non fat milk) -2sp Ground Flaxseeds -Pinch Cinnamon - 1g CLA Supplement	CASEIN MILK PROTEIN -2/3sp Casein or Whey or Protinex -240ml Low fat Milk -1sclice Bread with 1sp Peanut Butter - 1g CLA Supplement
MACRO'S	CAL- 355 PRO-24G CARB-7G FAT-15G	CAL- 310 PRO-25G CARB-30G FAT-10G
TOTAL	CAL-1950 P-203 C-127 F-70	CAL-2177 P-143 C-309 F-41

VEG PLAN BASED ON MORNING WORKOUT

TIME	WORKOUT DAYS	NON WORKOUT DAY
WAKING UP	DETOX JUICE (Twice a week)	
6:30AM		
PRE W/O	PRE W/O SUPPLEMENT	
	-1scoop Amino Energy	
	-200ml Cold Water	
	OR	NO WORKOUT
	PRE W/O WITHOUT SUPPLEMENT	
	-½tbs Coffee (Nescafe)	
	-240ml Hot Water + 1sp milk	
DURING W/O	DURING W/O SUPPLEMENT (or No	
7:30-9:00	Supplement just water)	NO WORKOUT
	-1scoop Xtend	NO WORKOUT
	-750ml Cold Water	
	(Mix it a cold water bottle and sip it through out the workout)	
POST W/O	POST W/O SUPPLEMENT	
	-1-2scoop Prostar Whey Protein	
	-240ml cold water or 1sp(200ml)	
	Gatorade	NO WORKOUT
	OR	
	POST W/O WITHOUT SUPPLEMENT	
	-2sp Sugar Free Protinex	
	-240ml Non fat milk	

MEAL 1	SUPER OATS	SUPER OATS
	-1sp Whey	-1sp Whey (or 2sp Proteinx)
BREAKFAST	-1/2 cup Oats	-1 cup Oats
10AM	-1/2 Banana	-1/2 Banana
	-1sp Chia Seeds	-2g Cinnamon
	-2g Cinnamon	-1 Multivitamins
	-1 Multivitamins	
MACRO'S	CAL-330 PRO-30G CARB-30G FAT-10G	CAL- 379 PRO-28G CARB-60G FAT-3G
MEAL 2	PROTEIN DRINK	PEANUT BUTTER TOAST
SNACK	-1so Whey or Casein	-3slice Wheat Bread
12-1PM	-1 Orange or Pear Or Apple	-1sp Peanut Butter
		-240ml Non fat Milk
MACRO'S	CAL- 240 PRO-25G CARB-15G FAT-0G	CAL- 386 PRO-24G CARB-50G FAT-10G
MEAL 3	BEAN SALAD	PANEER BHURJI
	-1/2 Kidney Beans	-80g Paneer

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CAL-136 PRO-34G CARB-0G FAT-0G

MACRO'S

LUNCH 3-4PM	-1cup Cucumber -1c Green Leaves or Lettuce or Cabbage -1 large Carrot -3sp Tomato -50g Paneer -20g Walnut -1sp Vinegar	-2 Roti - ½ Cucumber -1g CLA Supplement
	-Avocado & Broccoli (option)	
111.00.010	-1g CLA Supplement	
MACRO'S	CAL- 315 PRO-30G CARB-15G FAT-15G	CAL- 390 PRO-20G CARB-55G FAT-10G
MEAL 4 SNACK 5-6PM	BANANA PROTEIN -1 Banana -1sp Peanut Butter -1sp Peanuts -1sp Whey (or 2sp Proteinx)	OATS COOKIES & CHANNE -1cup Dry Roasted Channe -3 Oats Cookies (Britania) -200ml Non Fat milk with 1sp Protinex
MACRO'S	CAL- 315 PRO-30G CARB-30G FAT-15G	CAL- 323 PRO-22G CARB-52G FAT-4G
MEAL 5 DINNER 7-8PM	VEGGIE BOWL with Soy Chunks - ½ cup Brown Rice -50g Soy Chunks - ½ Chic Peas -½ Green Bell Pepper - ½ cup Cauliflower -3sp Green Onion -3sp Tomato - ½ Lemon - ½ Coconut Oil -1sp Ketchup -Salt/Pepper/Garlic Power -1g Flaxseed Oil Supplement	LENTIL & RICE -½cup cooked Black Lentil -1cup low fat yogurt -1cup Brown Rice -1g Flaxseed Oil Supplement
MACRO'S	CAL- 315 PRO-30G CARB-30G FAT-15G	CAL- 380 PRO-24G CARB-62G FAT-4G
MEAL 6 BEFORE BED 10PM	CASEIN MILK PROTEIN -2/3sp Casein or Whey or Protienx -240mlAlmond Milk (coconut or non fat milk) -2sp Ground Flaxseeds -Pinch Cinnamon - 1g CLA Supplement	CASEIN MILK PROTEIN -2/3sp Casein or Whey or Protinex -240ml Low fat Milk -1sclice Bread with 1sp Peanut Butter - 1g CLA Supplement
MACRO'S	CAL- 355 PRO-24G CARB-7G FAT-15G	CAL-310 PRO-25G CARB-30G FAT-10G
TOTAL	CAL-1950 P-203 C-127 F-70	CAL-2177 P-143 C-309 F-41

INFORMATION:

- ❖ WATCH ALL THE NUTRITION VIDEOS ON HEALTH AND FITNESS CHANNEL
- ❖ ADJUST YOUR MEAL TIMINGS ACCORDING TO YOUR WAKE-UP AND SLEEP CYCLE
- ❖ USE COOKING SPRAY INSTEAD OF OIL
- **❖** COOK MEALS IN THE MORNING IF YOU ARE GOING TO WORK
- ❖ KEEP PROTEIN BAR WITH YOU INCASE YOU SKIP THE MEAL

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- **❖** SLEEP 8HOURS MINIMUM
- DRINK 10-12 GLASS OF WATER (3-4LITERS)

