

Fitness Sharks - Complete Nutrition & Training Plan

Importance of Nutrition for Fitness Sharks Members

Nutrition plays a key role in fitness performance, muscle building, recovery, and weight management. A structured nutrition plan helps gym members achieve their goals faster and maintain a healthy lifestyle

Key Principles of a Gym Nutrition Plan

- Protein: Helps in muscle repair and growth (Chicken, Eggs, Fish, Beans, Whey Protein).
- Carbohydrates: Primary source of energy (Rice, Oats, Bread, Sweet Potatoes, Fruits).
- Healthy Fats: Support hormone production and brain health (Nuts, Olive Oil, Avocado).
- Hydration: Always drink enough water to maintain performance.

Weekly Balanced Meal Schedule

| Day | Breakfast | Lunch | Snack | Dinner |
|-----------|-----------------------|----------------------|---------------------|----------------------|
| Monday | Oats + Eggs | Rice + Chicken | Fruit Bowl | Grilled Fish + Salad |
| Tuesday | Smoothie + Nuts | Rice + Fish | Peanut Butter Toast | Chicken + Veggies |
| Wednesday | Egg Sandwich | Rice + Beef/Tofu | Banana + Milk | Soup + Sweet Potato |
| Thursday | Oats + Banana | Rice + Chicken | Yogurt + Nuts | Egg Fried Rice + Veg |
| Friday | Protein Shake + Apple | Pasta + Chicken | Fruits | Grilled Fish + Rice |
| Saturday | Omelette + Bread | Rice + Fish | Peanut Mix | Chicken + Veg Salad |
| Sunday | Smoothie Bowl | Rice + Mixed Protein | Fruits | Light Dinner + Soup |

Muscle Gain Plan

- Eat protein-rich meals every 3 hours. - Focus on strength training (Progressive Overload). - Sleep at least 7-8 hours.

Vegetarian Muscle Gain Meal Plan

| Meal | Food Items |
|--------------|---------------------------------------|
| Breakfast | Oats + Milk + Peanut Butter + Fruits |
| Snack | Yogurt + Nuts |
| Lunch | Rice + Dhal + Tofu + Green Vegetables |
| Pre-Workout | Banana + Black Coffee |
| Post-Workout | Whey Protein / Soy Protein Shake |
| Dinner | Chapathi + Paneer + Salad |

Fat Loss Nutrition Plan

- Calorie deficit diet. - Avoid sugary drinks. - Increase water intake. - Do cardio + strength training.

Yoga Nutrition & Wellness Plan

More natural and plant-based foods. - Avoid overeating. - Include herbal tea and hydration

Tips for Success

- Cook meals in advance to stay consistent.
- Track daily protein and calorie intake if possible.
- Avoid junk food and sugary drinks.
- Rest well to support muscle recovery.

Training Plans

Beginner Gym Plan: - Day 1: Chest + Triceps - Day 2: Back + Biceps - Day 3: Legs
- Day 4: Rest

Intermediate Gym Plan: - Day 1: Chest + Shoulders - Day 2: Back + Arms - Day 3:
Legs + Abs - Day 4: Full Body