

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 + App	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