

MEAL PLAN

(2400 Cals)

PRE- WORKOUT: (120 kcal, 27g carbs, 1g protein, 0.5 g fats)

1. 100 g banana
2. 5 almonds
3. Pre-workout

POST WORKOUT: (300 kcal, 35g carbs, 30g protein, 3g fat)

1. Protein shake
2. 40g oats

BREAKFAST : (480 kcal, 25g carbs, 30g protein, 28g fat)

1. 3 whole eggs + 2 egg whites scrambled
 2. 2 slices multigrain toast with 1 tsp olive oil
 3. 10g almonds
- OR
1. 150g tofu
 2. 2 slices multigrain toast with 1 tsp olive oil
 3. 10g walnuts

LUNCH (500 kcal, 35g carbs, 45 g protein, 15g fat)

1. 150g grilled chicken breast
 2. 100g cooked quinoa
 3. Mixed veggies (broccoli, bell peppers)
 4. 1 tsp olive oil
- OR
1. 100g paneer
 2. 100g quinoa
 3. Mixed veggies
 4. 1 tsp olive oil

DINNER (450 KCAL, 35G CARBS, 40G protein, 10g fats)

1. 150g grilled chicken breast
 2. 150g sweet potato
 3. 100g sauted spinach
- OR
1. 1 cup dal
 2. 150g sweet potato

3. 100g sauted spinach

BEFORE BED

250 ml milk with a pinch of cinnamon

WORKOUT ROUTINE

DAY 1

1. BB Bench Press : 4 * 6-8 reps
2. Incline DB press + Cable flyes : 4 * 12 reps + 4 * 15 reps (40 seconds rest)
3. Weighted dips + Overhead tricep extension : 4 * 12 reps + 4 * 15 reps (40 seconds rest)
4. Hanging leg raises : 6 * 20-25 reps
5. Cardio for remaining time

DAY 2

1. Deadlift : 4 * 5-6 reps
2. Pull ups + BB rows : 4 * failure + 4 * 12 reps
3. Seated cable rows + DB bicep curls : 4 * 12 reps + 4 * 12 reps
4. Face pulls : 4 * 12 reps
5. Cable woodchoppers : 4 * 12 each side
6. Cardio

DAY 3

1. BB squats : 4 * 6-8 reps
2. Romanian deadlift + walking lunges: 4 * 10 reps + 4 * 10 steps per leg
3. Leg press : 4 * 12 reps
4. Calf raises: 4 * 20 reps
5. Plank and side planks : 4 * 60 rounds each

DAY 4

1. Overhead press : 4 * 8 reps
2. DB lateral raise + cable lateral raises : 4 * 15 reps both
3. Front raise + rear delt flyes : 4 * 15 reps
4. Upright rows / shrugs : 4 * 12 reps
5. Russian twists : 4 * 15 per side

DAY 5

4 rounds each, with 90 seconds rest between each round and 40 seconds rest between each move.

1. BB power cleans : 8 reps
2. DB thrusts : 10 reps
3. Pull ups : 10 reps
4. Bulgarian split squats : 10 reps
5. Push ups / weighted push ups : 15 reps

PLANKS : 4 * 60 SECS

Cable woodchoppers : 4 * 12

DAY 6

1. Incline DB flyes + cable crossovers : 4 * 15 reps
2. Conc curls + tricep pushdowns : 4 * 12 reps
3. DB lateral raise + upright rows : 4 * 15 reps
4. CORE CIRCUIT FOR 4 ROUNDS:
 - A. Hanging leg raises : 20 reps
 - B. Cable crunches : 20 reps
 - C. Swiss ball crunches : 20 reps
 - D. Side plank : 60 seconds