

# EVIDENCE-BASED NUTRITION & MEAL PLAN

*Optimized for Fat Loss + Muscle Gain (Body Recomposition)*

## YOUR PROFILE & DAILY TARGETS

Current Weight	95 kg	Target Weight	80 kg
Timeline	11 months	Weekly Loss	0.5-1 kg
Daily Calories	~2,000 kcal	Deficit	20%
Daily Protein	190g (2.0g/kg)	Meals	5-6 per day

## EVIDENCE-BASED PRINCIPLES

Principle	Recommendation	Research Source
Protein for Recomposition	1.6-2.4 g/kg/day	Morton et al., 2018
Protein per Meal	0.4-0.6 g/kg	Moore et al., 2015
Meal Spacing	3-5 hours apart	Areta et al., 2013
Pre-Sleep Protein	30-40g casein	Snijders et al., 2015
Caloric Deficit	20-25% below TDEE	Longland et al., 2016

## YOUR AVAILABLE FOODS

- PROTEINS: Fish, Chicken, Eggs, Paneer (cottage cheese), Lentils/Dal
- VEGETABLES: Broccoli, Beans, Spinach, Green leafy veggies, Cauliflower, Potatoes
- FRUITS: Apples, Grapes, Blueberries, Oranges, Tangerines
- DAIRY: Milk, Paneer, Curd/Yogurt
- SUPPLEMENTS: Whey Protein, Fish Oil 1000mg, Multivitamin, Creatine, BCAAs
- BEVERAGES: Green Tea, Indian CTC Milk Tea, Coffee
- AVOID: Pork, Beef, Excessive Sugar

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## TRAINING DAY MEAL PLAN

Total: ~2,000 kcal   190g Protein   180g Carbs   65g Fat			
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MEAL 1: Protein-Rich Breakfast		6:00-7:00 AM	45g protein	450 kcal
Food	Quantity	Protein	Calories	
Whole Eggs	3 large	18g	210	
Egg Whites	3 additional	11g	50	
Spinach (sauteed)	1 cup	3g	40	
Whole Wheat Toast/Roti	1 piece	4g	80	
Green Tea	1 cup	0g	5	
Fish Oil + Multivitamin	1 each	0g	10	

MEAL 2: Mid-Morning Snack		10:00 AM	35g protein	300 kcal
Food	Quantity	Protein	Calories	
Paneer (cottage cheese)	100g	18g	260	
Apple	1 medium	0.5g	95	

MEAL 3: Pre-Workout Lunch		1:00-2:00 PM	50g protein	550 kcal
Food	Quantity	Protein	Calories	
Grilled Chicken Breast	180g	42g	280	
Dal (Lentils)	1/2 cup	9g	115	
Brown Rice/Chapati	1/2 cup / 1 roti	3g	100	
Mixed Vegetables	1 cup	4g	80	

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## TRAINING DAY MEALS (Continued)

### PERI-WORKOUT NUTRITION (3:00-5:30 PM)

Item	Quantity	Protein	Calories
Pre-Workout Coffee	1 cup	0g	5
Water (during)	500-750ml	0g	0
BCAA (optional)	5-10g	0g	0
Whey Protein Shake	1 scoop (30g)	24g	120
Creatine	5g	0g	0
Banana (optional)	1 medium	1g	105

MEAL 4: Post-Workout Dinner		7:00-8:00 PM	45g protein	380 kcal
Food	Quantity	Protein	Calories	
Fish (Salmon/Rohu/Pomfret)	200g	40g	280	
Steamed Broccoli	1.5 cups	5g	50	
Cauliflower Rice	1 cup	2g	25	
Mixed Greens Salad	1 cup	2g	20	

MEAL 5: Pre-Sleep Recovery		9:30-10:00 PM	30g protein	200 kcal
Food	Quantity	Protein	Calories	
Warm Milk	250ml	8g	150	
Whey Protein (1/2 scoop)	15g	12g	60	
OR Paneer	80g	14g	200	

### DAILY NUTRITION SUMMARY

Meal	Protein	Calories
Breakfast	45g	450 kcal
Mid-Morning	35g	300 kcal
Lunch	50g	550 kcal
Post-Workout	25g	130 kcal
Dinner	45g	380 kcal
Pre-Sleep	20g	170 kcal
TOTAL	220g	1,980 kcal

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## REST DAY MEAL PLAN

Total: ~1,800 kcal   180g Protein   140g Carbs   60g Fat			
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Meal	Time	Protein	Calories
Breakfast	7:00 AM	40g	400 kcal
Mid-Morning	10:00 AM	30g	250 kcal
Lunch	1:00 PM	45g	450 kcal
Snack	4:00 PM	25g	200 kcal
Dinner	7:00 PM	40g	400 kcal
Pre-Sleep	9:30 PM	30g	200 kcal
TOTAL		210g	1,900 kcal

- Key Differences on Rest Days:
- Slightly lower calories (no workout expenditure)
  - Lower carbs (less glycogen needed)
  - Same high protein (muscle repair still occurring)

## SUPPLEMENT TIMING PROTOCOL

Supplement	Dose	Timing	Reason
Whey Protein	25-30g	Post-workout	Rapid MPS stimulation
Fish Oil	1000mg	With breakfast	Fat-soluble, aids absorption
Multivitamin	1 tablet	With breakfast	Fat-soluble vitamins need food
Creatine	5g/day	Post-workout	Slight advantage vs pre-workout
BCAA	5-10g	During workout	Only if >3h since protein meal
Green Tea	2-3 cups	Morning/afternoon	Metabolism boost
Coffee	1-2 cups	30 min pre-workout	Performance enhancement

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## INDIAN MEAL OPTIONS

### Breakfast Options

Option	Protein	Calories
Egg Bhurji (4 eggs) + toast	28g protein	380 kcal
Paneer Paratha (light) + curd	20g protein	350 kcal
Chicken Keema (100g) + roti	32g protein	300 kcal

### Lunch Options

Option	Protein	Calories
Tandoori Chicken Thali	52g protein	550 kcal
Fish Curry + brown rice + sabzi	45g protein	500 kcal
Egg Curry (4 eggs) + 2 chapati	30g protein	480 kcal

### Dinner Options

Option	Protein	Calories
Grilled/Baked Fish + steamed veggies	42g protein	350 kcal
Palak Paneer (150g) + salad only	28g protein	400 kcal
Chicken Tikka (200g) + salad	44g protein	320 kcal

## PROTEIN QUICK REFERENCE

Food	Serving	Protein	Best For
Chicken Breast	100g	31g	Lean protein
Fish (average)	100g	20-25g	Omega-3s
Eggs	1 large	6g	Complete protein
Egg Whites	1 large	3.6g	Low calorie
Paneer	100g	18g	Slow-digesting
Lentils (dal)	1 cup cooked	18g	Plant protein
Milk	250ml	8g	Pre-sleep
Whey Protein	1 scoop	24-25g	Fast-digesting
Greek Curd	200g	20g	High protein

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## IMPORTANT GUIDELINES

### For Optimal Fat Loss + Muscle Gain:

- Protein First: Every meal should center around protein
- Consistent Intake: Hit 180-200g protein DAILY, no exceptions
- Meal Spacing: 3-5 hours between protein meals for optimal MPS
- Hydration: 3-4 liters water daily (aids fat metabolism)
- Sleep: 7-9 hours critical for muscle recovery and fat loss
- Track Progress: Weekly weigh-ins (same time, same conditions)

### Signs of Progress:

- Clothes fitting differently (even if scale doesn't move)
- Strength increasing in workouts
- Body measurements changing
- 0.5-1 kg loss per week on average

### Avoid These Mistakes:

- Skipping protein at any meal
- Going more than 5 hours without protein during daytime
- Excessive sugar (limit to 25g/day max)
- Large caloric deficits (>500 kcal) - muscle loss risk
- Alcohol (inhibits MPS and fat oxidation)

## DAILY CHECKLIST

☐ Protein Goal: \_\_\_\_/190g

☐ Water: \_\_\_\_/3.5L

☐ Meals eaten: \_\_\_\_/5

☐ Fish Oil taken

☐ Multivitamin taken

☐ Creatine taken

☐ Sleep: \_\_\_\_/8 hours

☐ Workout completed

## HYDRATION TARGETS

Time	Amount	Done
Morning (6-10 AM)	1 liter	<input type="checkbox"/>
Midday (10 AM-2 PM)	750ml	<input type="checkbox"/>
Workout (3-5:30 PM)	750ml	<input type="checkbox"/>

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Evening (6-10 PM)	1 liter	[ ]
TOTAL	3.5 liters	