



ROSHAN'S BODYSCULPT

DIET PLAN

MEALS No#	NUTRITION (NON-VEG)	NUTRITION (VEG)	Supplements
PRE WORKOUT (30min Prior Gym)	1 cup Black Coffee OR Supplement	1 cup Black Coffee OR Supplement	.PRE WOROUT .Amino Acids .L-Arginine
POST WORKOUT	Protein Shake 1.5sp Whey + 1 MV + 1 Banana	Protein Shake 1.5sp Whey + 1 MV + 1 Banana	1.Whey Protein 1.Multi vitamin
MEAL 1 (Breakfast) 30 mins After PW Meal	Oat Meal 1 Multi Vitamin	Oat Meal 1 Multi Vitamin	Multi Vitamins
MEAL 2 (Snack)	Protein Pan Cake 1 cup Green Tea	Protein Pan Cake 1 cup Green Tea	
MEAL 3 (Lunch)	100g Chicken Breast 1 Bowl Veggies ½sp olive oil 12 Almonds	150g Paneer 1 Bowl Veggies ½sp olive oil 8 Almonds	
MEAL 4 (Snack)	Boiled Eggs 1 full + 4 egg whites. 1 cup low fat yogurt	1sp Whey Protein 1 cup low fat yogurt 240ml Cold Water	
MEAL 5 (Dinner)	Chicken Salad with veggies 1 Fish oil	Veg Salad with Flax seeds	OPTIONAL – 1g Fish Oil (NV) - 1g Flaxseed Oil (V) *NV-Non Veg, *V-Veg
MEAL 6 (Before Bed)	1sp Casein/whey Protein 1cup NF yogurt 15 Almonds	1sp Casein/whey Protein 1cup NF yogurt 15 Almonds	Casein Protein Or Whey Protein

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