Diet Plan 101

Sahu Harjot

Weight 200 pounds 160 pounds

Aim 80 kg 65 kg

Calories 1700 1500

Protien sources –

Chicken breast

Fish

Egg white only (1-2 yolk)

Greek yogurt (epigamia natural)

Soya bean

Milk ( skim / toned )

Whey ?

Daal

(Subway – roasted chicken double meat with veggies 2 mustard, honey mustard ,chilli )

Carbs –

Roti / Rice

Oats

Museli

Mashed potato

Sabzi

Broccoli

Fruits

Salads

Extras –

Sprouts

Peanuts

Flax seeds

Dry fruits

Rosta dried fruits

Food cycle –

Sahu –

Normal

Carb – 215 g

Protien – 85 g

Fat – 57 g

High protein diet –

Carb – 192

Protein – 128

Fat – 48

Moderate diet –

Carb – 190

Protein – 100

Fat – 55

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N N M M N H H

Harjot –

Normal

Carb – 190

Protein – 75

Fat - 50

High –

Carb – 150

Protein – 131

Fat – 42

Moderate –

Carb – 180

Protein – 100

Fat – 40

M T W T F S S

N N M M N H H

Plan –

8 - boiled egg whites. ---------------- 21

10 15 – fruits

12 30 – 1 roti 2/3 sabzi + daal. ----------------- 10

5 – 5 30 sprouts + yogurt 15

9 30- roti 2 + daal + sabzi ------------------- 10