

NUTRITION PLAN // EVENING WORKOUT

NON-VEG		
TIME	WORKOUT DAYS & NON WORKOUT DAY	MACRO
	NUTRITION	BREAKDOWN
	MEAL 1	
BREAKFAST	PROTEIN SMOOTHIE	CAL - 410
8-9AM	-2/3sp Whey	
	-1/2 cup Oats	CARBS - 50g
	-1 Banana	PRO - 30g
	-1sp Peanut Butter	FAT - 10g
	-240ml non fat milk	
	-2g Cinnamon	
	MEAL 2	
SNACK	SPINACH OMELETE	CAL - 410
11-12PM	-1 Whole Egg	
	-5 Egg Whites	CARBS - 50g
	-3 slice whole wheat bread	PRO - 30g
	-2 Handful Spinach	FAT - 10g
	-1 Orange	
	MEAL 3	
LUNCH	POTATO BEAN BOWL	CAL - 410
2-3PM	-100g Grilled Chicken	
	-1/2 cup Black Kidney Beans or Red Kidney Beans	CARBS - 50g
	-1/2 cup White Chickpeas	PRO - 30g
	-100g Sweet Potato	FAT - 10g
	-1/2 Green Bell Pepper	
	-1/2sp Olive oil	
	-3sp Onion	
	-3sp Tomato	
	-1/2 Lemon	
T	MEAL 4	
SNACK	MULTI GRAIN MEAL	CAL - 410
4-5PM	-1/8cup Oats	
	-1/8cup Quinoa	CARBS - 50g
	-1/8cup Millet	PRO - 30g
	-1/8cup Amarathan	FAT - 10g
	-1/2sp Whey	
	-1sp Peanuts + ½ Apple	

Designed & Created by Guru Mann | Advanced Fitness Trainer & Sports Nutritionist CERTIFIED Strength & Conditioning Specialist / Nutritionist Specialist CERTIFIED - California, United States

PRE W/O 6PM	PRE W/O SUPPLEMENT -1scoop C4 or Amino Energy or Assault or 1.M.R or No Xplor-200ml Cold Water	de		
	OR		_	
	PRE W/O WITHOUT SUPPLEMENT		_	
	-½tbs Coffee (Nescafe)		_	
	-240ml Hot Water + 1sp milk			
6:30-7:30	WORKOUT			
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POST W/O	DOCT W /O CUIDDI EMENT	CAI 400		

6:30-7:30	WUKKUUI	
POST W/O	POST W/O SUPPLEMENT	CAL - 400
7:30PM	-1-2scoop Whey Protein	
	-5g BCAA	CARBS - 70g
	-240ml Gatorade	PRO - 30g
	-1 Banana	FAT - 0g
	-1sp Honey	
	OR	
	POST W/O WITHOUT SUPPLEMENT	
	-6 Boiled Egg Whites	
	-240ml Non fat milk	
	-1 Banana	
	-1sp Honey	
	MEAL 5	
DINNER	BOILED EGG SABJI	CAL - 410
8:30-9PM	-2 Whole Eggs (boiled)	
	-3 Egg Whites (boiled)	CARBS – 50g
	-½ Green Bell Pepper	PRO - 30g
	-3sp Red Onions	FAT - 10g
	-3sp Green Onion	
	-3sp Tomato	
	-2 Thin Chapatti	
	-1sp Ketchup	
	-Salt/Pepper/Garlic Power	
	MEAL 6	
BEFORE BED	PROTEIN PAN CAKE	CAL - 375
11PM	-1 Whole Egg	
	-1/2 Banana	CARBS - 30g
	-1sp Chia Seeds or Flaxseeds	PRO - 30g
	-Pinch Cinnamon	FAT - 15g
	-1sp Casein Protein (or Whey)	
	-1sp Almond butter or Peanut butter	
Calorio	os - 2825 Protein - 210g Carbs - 350g	Fat - 65g

NUTRITION PLAN // MORNING WORKOUT

NON-VEG

NUN-VEG	-	
TIME	WORKOUT DAYS & NON WORKOUT DAY	MACRO
	NUTRITION	BREAKDOWN
	MEAL 1	
BREAKFAST	PROTEIN SMOOTHIE	CAL - 410
6AM	-2/3sp Whey	
	-1/2 cup Oats	CARBS - 50g
	-1 Banana	PRO - 30g
	-1sp Peanut Butter	FAT - 10g
	-240ml non fat milk	
	-2g Cinnamon	

DDE W/O		
PRE W/O	PRE W/O SUPPLEMENT	
7:30AM	-1scoop C4 or Amino Energy or Assault or 1.M.R or No Xplode	
	1	
	-200ml Cold Water	
	OR	
	PRE W/O WITHOUT SUPPLEMENT	
	-½tbs Coffee (Nescafe)	
	-240ml Hot Water + 1sp milk	
8:00-9:00	WORKOUT	

POST W/O	POST W/O SUPPLEMENT	CAL - 400
9:15AM	-1-2scoop Whey Protein	
	-5g BCAA	CARBS - 70g
	-240ml Gatorade	PRO - 30g
	-1 Banana	FAT - Og
	-1sp Honey	
	OR	
	POST W/O WITHOUT SUPPLEMENT	
	-6 Boiled Egg Whites	
	-240ml Non fat milk	
	-1 Banana	
	-1sp Honey	
	MEAL 2	
SNACK	SPINACH OMELETE	CAL - 410
10-11AM	-1 Whole Egg	
	-5 Egg Whites	CARBS - 50g
	-3 slice whole wheat bread	PRO - 30g
	-2 Handful Spinach	FAT - 10g
	-1 Orange	
	MEAL 3	
LUNCH	POTATO BEAN BOWL	CAL - 410
1-2PM	-100g Grilled Chicken	
	-1/2 cup Black Kidney Beans or Red Kidney Beans	CARBS – 50g

 $\label{lem:condition} \begin{array}{lll} \textbf{Designed \& Created by Guru Mann} & & \textbf{II} & \textbf{Advanced Fitness Trainer \& Sports Nutritionist \textbf{CERTIFIED}} \\ \textbf{Strength \& Conditioning Specialist / Nutritionist Specialist \textbf{CERTIFIED}} & \textbf{- California, United States} \\ \end{array}$

	-1/2 cup White Chickpeas	PRO - 30g	
	-100g Sweet Potato	FAT - 10g	
	-1/2 Green Bell Pepper		
	-1/2sp Olive oil		
	-3sp Onion		
	-3sp Tomato		
	-1/2 Lemon		
	MEAL 4		
SNACK	MULTI GRAIN MEAL	CAL - 410	
4:30PM	-1/8cup Oats		
	-1/8cup Quinoa	CARBS - 50g	
	-1/8cup Millet	PRO - 30g	
	-1/8cup Amarathan	FAT - 10g	
	-1/2sp Whey		
	-1sp Peanuts + ½ Apple		
	MEAL 5		
DINNER	BOILED EGG SABJI	CAL - 410	
7-8PM	-2 Whole Eggs (boiled)		
	-3 Egg Whites (boiled)	CARBS - 50g	
	-½ Green Bell Pepper	PRO - 30g	
	-3sp Red Onions	FAT - 10g	
	-3sp Green Onion		
	-3sp Tomato		
	-2 Thin Chapatti		
	-1sp Ketchup		
	-Salt/Pepper/Garlic Power		
	MEAL 6		
BEFORE BED	PROTEIN PAN CAKE	CAL - 375	
10PM	-1 Whole Egg		
	-1/2 Banana	CARBS - 30g	
	-1sp Chia Seeds or Flaxseeds	PRO - 30g	
	-Pinch Cinnamon	FAT - 15g	
	-1sp Casein Protein (or Whey)		
	-1sp Almond butter or Peanut butter		
Calorie	es - 2825 Protein - 210g Carbs - 350g	Fat - 65g	

VEG PLAN BASED ON EVENING WORKOUT

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TIME	WORKOUT DAYS & NON WORKOUT DAY	MACRO
	NUTRITION	BREAKDOWN
	MEAL 1	
BREAKFAST	PROTEIN SMOOTHIE	CAL - 410
8-9AM	-2/3sp Whey	
	-1/2 cup Oats	CARBS - 50g
	-1 Banana	PRO - 30g
	-1sp Peanut Butter	FAT - 10g
	-240ml non fat milk	
	-2g Cinnamon	
	MEAL 2	
SNACK	MILK & BREAD	CAL - 410
11-12PM	-240ml non fat milk (mix 1sp Protinex)	
	-3 slice whole wheat bread	CARBS - 52g
	-1sp Peanut Butter	PRO - 28g
	-1 Orange	FAT - 10g
	MEAL 3	
LUNCH	POTATO BEAN BOWL	CAL - 410
2-3PM	-50g Soy Chunks	
	-1/2 cup Black Kidney Beans or Red Kidney Beans	CARBS - 50g
	-1/2 cup White Chickpeas	PRO – 30g
	-100g Sweet Potato	FAT - 10g
	-1/2 Green Bell Pepper	
	-1/2sp Olive oil	
	-3sp Onion	
	-3sp Tomato	
	-1/2 Lemon	
	MEAL 4	
SNACK	MULTI GRAIN MEAL	CAL - 410
4-5PM	-1/8cup Oats	
	-1/8cup Quinoa	CARBS – 50g
	-1/8cup Millet	PRO - 30g
	-1/8cup Amarathan	FAT - 10g
	-1/2sp Whey	
	-1sp Peanuts + ½ Apple	
PRE W/O	PRE W/O SUPPLEMENT	
6PM	-1scoop C4 or Amino Energy or Assault or 1.M.R or No Xplo	ode
	-200ml Cold Water	

PRE W/O	PRE W/O SUPPLEMENT	
6PM	-1scoop C4 or Amino Energy or Assault or 1.M.R or No Xplode	
	-200ml Cold Water	
	OR	
	PRE W/O WITHOUT SUPPLEMENT	
	-½tbs Coffee (Nescafe)	
	-240ml Hot Water + 1sp milk	
6:30-7:30	WORKOUT	

DOCT W/O	DOCTOR VIV. (O. CVIDDA TRATILITI	617 100	
POST W/O	POST W/O SUPPLEMENT	CAL - 400	
7:30PM	-1-2scoop Whey Protein		
	-5g BCAA	CARBS – 70g	
	-240ml Gatorade	PRO - 30g	
	-1 Banana	FAT – 0g	
	-1sp Honey		
	OR		
	POST W/O WITHOUT SUPPLEMENT		
	-240ml Non fat milk		
	-1 Banana		
	-1sp Honey		
	MEAL 5		
DINNER	PANEER SABJI	CAL - 410	
8:30-9PM	-100g Paneer		
	- ½ green peas	CARBS - 55g	
	-½ Green Bell Pepper	PRO - 25g	
	-3sp Red Onions	FAT - 10g	
	-3sp Green Onion		
	-3sp Tomato		
	-2 Thin Chapatti		
	-1sp Ketchup		
	-Salt/Pepper/Garlic Power		
	MEAL 6		
BEFORE BED	PROTEIN PAN CAKE	CAL - 375	
11PM	-1/2 Banana		
	-1sp Chia Seeds or Flaxseeds	CARBS – 30g	
	-Pinch Cinnamon	PRO - 30g	
	-1sp Casein Protein (or Whey)	FAT - 15g	
	-2sp Almond butter or Peanut butter		ì
Calorie	es - 2825 Protein - 210g Carbs - 350g	Fat - 65g	ı

VEG PLAN BASED ON MORNING WORKOUT

TIME	WORKOUT DAYS & NON WORKOUT DAY	MACRO
	NUTRITION	BREAKDOWN
	MEAL 1	
BREAKFAST	PROTEIN SMOOTHIE	CAL - 410
6AM	-2/3sp Whey	
	-1/2 cup Oats	CARBS - 50g
	-1 Banana	PRO - 30g
	-1sp Peanut Butter	FAT - 10g
	-240ml non fat milk	
	-2g Cinnamon	
		(2.2)
PRE W/O	PRE W/O SUPPLEMENT	
7:30AM	-1scoop C4 or Amino Energy or Assault or 1.M.R or No Xp	lode
	-200ml Cold Water	
	OR	
	OIL .	

7:30AM	-1scoop C4 or Amino Energy or Assault or 1.M.R or No Xplode -200ml Cold Water	
	OR	
	PRE W/O WITHOUT SUPPLEMENT	
	-½tbs Coffee (Nescafe)	
	-240ml Hot Water + 1sp milk	
8:00-9:00	WORKOUT	
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	4 1 3	
POST W/O	POST W/O SUPPLEMENT	CAL - 400
9:15AM	-1-2scoop Whey Protein	
	-5g BCAA	CARBS - 70g
	-240ml Gatorade	PRO - 30g
	-1 Banana	FAT – 0g
	-1sp Honey	
	OR	
	POST W/O WITHOUT SUPPLEMENT	
	-240ml Non fat milk	
	-1 Banana	
	-1sp Honey	
	MEAL 2	
SNACK	MILK & BREAD	CAL - 410
SNACK 10-11AM	MILK & BREAD -240ml non fat milk (mix 1sp Protinex)	CAL - 410
0	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	CAL - 410 CARBS - 52g
0	-240ml non fat milk (mix 1sp Protinex)	
0	-240ml non fat milk (mix 1sp Protinex) -3 slice whole wheat bread	CARBS - 52g
0	-240ml non fat milk (mix 1sp Protinex) -3 slice whole wheat bread -1sp Peanut Butter	CARBS - 52g PRO - 28g
0	-240ml non fat milk (mix 1sp Protinex) -3 slice whole wheat bread -1sp Peanut Butter -1 Orange	CARBS - 52g PRO - 28g
10-11AM	-240ml non fat milk (mix 1sp Protinex) -3 slice whole wheat bread -1sp Peanut Butter -1 Orange MEAL 3	CARBS - 52g PRO - 28g FAT - 10g
10-11AM	-240ml non fat milk (mix 1sp Protinex) -3 slice whole wheat bread -1sp Peanut Butter -1 Orange MEAL 3 POTATO BEAN BOWL	CARBS - 52g PRO - 28g FAT - 10g
10-11AM	-240ml non fat milk (mix 1sp Protinex) -3 slice whole wheat bread -1sp Peanut Butter -1 Orange MEAL 3 POTATO BEAN BOWL -50g Soy Chunks	CARBS - 52g PRO - 28g FAT - 10g
10-11AM	-240ml non fat milk (mix 1sp Protinex) -3 slice whole wheat bread -1sp Peanut Butter -1 Orange MEAL 3 POTATO BEAN BOWL -50g Soy Chunks -1/2 cup Black Kidney Beans or Red Kidney Beans	CARBS - 52g PRO - 28g FAT - 10g CAL - 410 CARBS - 50g
10-11AM LUNCH	-240ml non fat milk (mix 1sp Protinex) -3 slice whole wheat bread -1sp Peanut Butter -1 Orange MEAL 3 POTATO BEAN BOWL -50g Soy Chunks -1/2 cup Black Kidney Beans or Red Kidney Beans -1/2 cup White Chickpeas	CARBS - 52g PRO - 28g FAT - 10g CAL - 410 CARBS - 50g PRO - 30g

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	-1/2sp Olive oil		
	-3sp Onion		
	-3sp Tomato		
	-1/2 Lemon		
	MEAL 4		
SNACK	MULTI GRAIN MEAL	CAL - 410	
4:30PM	-1/8cup Oats		
	-1/8cup Quinoa	CARBS - 50g	
	-1/8cup Millet	PRO - 30g	
	-1/8cup Amarathan	FAT - 10g	
	-1/2sp Whey		
	-1sp Peanuts + ½ Apple		
	MEAL 5		
DINNER	PANEER SABJI	CAL - 410	
7-8PM	-100g Paneer		
	- ½ green peas	CARBS – 55g	
	-½ Green Bell Pepper	PRO - 25g	
	-3sp Red Onions	FAT - 10g	
	-3sp Green Onion		
	-3sp Tomato		
	-2 Thin Chapatti		
	-1sp Ketchup		
	-Salt/Pepper/Garlic Power		
	MEAL 6		_
BEFORE BED	PROTEIN PAN CAKE	CAL - 375	Ī
10PM	-1/2 Banana		
	-1sp Chia Seeds or Flaxseeds	CARBS – 30g	
	-Pinch Cinnamon	PRO - 30g	
	-1sp Casein Protein (or Whey)	FAT - 15g	
	-2sp Almond butter or Peanut butter		1
Calorie	es - 2825 Protein - 210g Carbs - 350g	Fat - 65g	