



VEG & NON-VEG NUTRITION PLAN

	MEAL 1 – Oat Meal
8-9 AM	<ul style="list-style-type: none"> - 1cup Oat - 1sp Whey or Protinex or - 15g Peanuts or Almonds - 2g Cinnamon - ¼ cup Raisins - 1 Apple or Banana or Strawberries
	Calories = 500 Protein – 40g Carbs – 60g Fat – 11g

	MEAL 2 – Banana Bread Peanut Butter Toast
11-12 PM	<ul style="list-style-type: none"> - 3 slice whole wheat bread - 1 Banana - 1.5 to 2sp Peanut Butter - 2g Cinnamon - 1sp Honey - 1 Glass low fat milk
	Calories = 500 Protein – 28g Carbs – 62g Fat – 15g

	MEAL 3 – Super Rice
1-2 PM	<ul style="list-style-type: none"> - 1cup Brown Rice - 1 Whole Egg - 5 Egg Whites - 20g Peanuts - 1sp Ketchup
	Calories = 500 Protein – 32g Carbs – 56g Fat – 16g

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

MEAL 4 - Home Made Mass Gain Shake	
3- 4 PM	<ul style="list-style-type: none"> - ½ cup Oat - 1sp Whey or Protinex or 5 Egg Whites - 1sp Peanut Butter - 3g Cinnamon - 2sp Yogurt - 1 Banana or Strawberries - 1cup Water & Ice
Calories = 500 Protein - 37g Carbs - 53g Fat - 16g	

Pre-Workout Drink	
5:30 PM (30min before exercise)	<ul style="list-style-type: none"> - 5g Creatine Monohydrate - 240ml Gatorade or Glucone D or Glucose C - 5g BCAA (Optional)
Calories = 60 Protein - 0g Carbs - 15g Fat - 0g	

Post Workout Drink	
7:30 PM	<ul style="list-style-type: none"> - 2 Banana - 1.5sp Whey or Protinex or 6-8 Boiled Egg Whites - 5g Creatine - 240ml Gatorade or Glucone D or Glucose D
Calories = 499 Protein - 40g Carbs - 78g Fat - 3g	

MEAL 5 - Super Roti	
9 PM	<ul style="list-style-type: none"> - 1 Medium Roti (Chapati) - 1/3cup BellPepper - ¼ cup cauliflower - 2sp Tomato - 2sp Onion - ½ cup Black Beans or Red kidney beans - 1sp Ketchup - 1sp Olive Oil - 1 Orange
Calories = 494 Protein - 32g Carbs - 51g Fat - 18g	

MEAL 6 - Rice Cake	
11 PM	<ul style="list-style-type: none"> - 1 Rice Cake - 1sp Peanut Butter - 1cup Milk - 4 Boiled Egg Whites or 2/3sp Whey Protein
Calories = 500 Protein - 36g Carbs - 30g Fat - 15g	

TOTAL	Calories = 3446 Protein - 245g Carbs - 405g Fat - 94g
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