

EARLY MORNING

1tsp Flaxseeds
with Water
(1 Glass)

PRE-WORKOUT

Almonds/ Nuts (30 Gm)
Egg whites(4)

POST-WORKOUT

Prote in shake with
skimmed milk
+ 2 medium sized
potatoes (1 scoop +
250ml milk)

BREAKFAST

Brown bread(4 slices)
Peanut/Almond
butter/ (2 tsp)
veggies (1 Bowl)
Or Oatmeal with
skimmed milk with
Veggies (1 Cup)

MID-MORNING

Yellow dal (lentils)/
Roasted
soybean/cube pieces'
papaya/ fresh fruits
(1 Bowl)

LUNCH

Mixed Green veggie
salad (baby spinach,
lettuce, cucumber
etc.) tossed in olive
oil (1 Big Bowl)
Roti/ Brown rice
(2/ 1 Handful)
Dal (1 Cup)
Low fat Paneer
skewers/ tofu (100g)
Or grilled fish(250g)/
egg whites (6)

PRE-WORKOUT

Brown bread (3 Slices)
Bananas (2)

EARLY DINNER

Chicken sautéed in
olive oil with lettuce,
baby carrots, baby
cabbage, sunflower
seeds (1 Big Bowl)
Or lemon quinoa
mint salad (1 Big Bowl)

BED TIME

Skimmed milk with
casein protein (250ml)

EARLY MORNING

1Tsp flaxseeds with
water (1 Glass)

PRE-WORKOUT

Almonds/ nuts (30 Gm)
Egg whites(4)

POST-WORKOUT

Protein shake with
skimmed milk + 2
medium sized
potatoes (1 Scoop +
250ml)

LUNCH

Mixed Green veggie
salad (baby spinach,
lettuce, cucumber
etc.) tossed in olive
oil (1 Big Bowl)
Roti/ Brown rice
(2/ 1 Handful)
Dal (1 Cup)
Or grilled fish(250g)/
egg whites (6)

PRE-WORKOUT

Brown Bread
(3 Slices)
Bananas (2)

EARLY DINNER

Chicken sautéed in
olive oil with lettuce,
baby carrots, baby
cabbage, sunflower
seeds (1 Big Bowl)

BED TIME

Skimmed milk with
casein protein (250ml)

**** Keep yourself hydrated with Kokum juice, coconut water, lemon juice.**

Total Calories- 3000 kcal (Approx)

Total Protein for this diet- 180-200g (Approx)/day