

## 2 DAYS SAMPLE PLAN

### MEAL 1

- Egg Whites
- Non Fat Milk

### MEAL 2

- Whey Protein
- Almonds

### MEAL 3

- Chicken or Fish or Paneer or Beans or Lentils
- Salad

### MEAL 4

- Yogurt or Egg Whites
- Nuts
- Green Tea

### POST WORKOUT MEAL

- Egg Whites or Whey Protein

### MEAL 5

- Chicken or Fish or Paneer or Beans or Lentils
- Cooked Vegetables

**If the party is on Sunday then you should follow this plan on Friday & Saturday**

### WORKOUT

- Perform super set and giant sets instead of regular sets.
- Reduce the rest period in-between the sets.
- Do 40mins post workout cardio: Treadmill running, cycling, Stairmasters, elliptical, stationary bike, rope skipping, etc.

### TIPS:

- Drink 3-4 liters of water.
- Drink 2-3 cups of green tea.
- No Carbs: No roti, rice, oats, potato, quinoa, etc.
- No fried food, oily food, packed food, sweets, soft drinks, etc.
- NO fruits.
- Eat eggs, chicken, fish, paneer, nuts, seeds, milk, beans, lentils, vegetables, etc.

Regards,  
Guru Mann