



3300 CALORIES

NUTRITION PLAN



DESIGNED & CREATED BY GURU MANN

APRIL 2023



MACRO BREAKDOWN

CALORIES	PROTEIN	CARBS	FATS
3300	150G	450G	100G

NUTRITION PLAN

MEAL 1 AT 9AM

3300 CALORIES BY GURU MANN	FOOD	PRO	CARB	FAT
1	1.5 CUPS OATS	15	81	9
2	2 WHOLE EGGS	12	2	10
	CALORIES - 611	27G	83G	19G
OPTIONAL	<ul style="list-style-type: none">- ADD A PIECE OF FRUIT ON OATS: BANANA OR APPLE- EAT 2-3 EGG WHITES TO INCREASE PROTEIN ACCODING TO YOUR GOAL- 1 MULTIVITAMINS			

NOTE: ADJUST CALORIES ACCORDING TO YOUR HEIGHT, WEIGHT & AGE.

MEAL 2 AT 11:30AM

3300 CALORIES BY GURU MANN	FOOD	PRO	CARB	FAT
1	4 BREAD SLICES	8	60	4
2	2SP PEANUT PUTTER	7	7	14
3	250ML LOW FAT MILK	10	12	4
	CALORIES - 614	25G	79G	22G

NOTE: ADJUST CALORIES ACCORDING TO YOUR HEIGHT, WEIGHT & AGE.

MEAL 3 AT 2PM

3300 CALORIES BY GURU MANN	FOOD	PRO	CARB	FAT
1	3 ROTI	6	66	3
2	80G PANEER	18	0	15
3	VEGETABLES - PEAS, BELL PEPPER	2	5	0
4	1/2 SP COCONUT OIL	0	0	5
5	1/2 PIECE OF ANY FRUIT	0	15	0
	CALORIES - 655	26G	86G	23G
OPTIONAL	<ul style="list-style-type: none"> - USE BREAD OR RICE INSTEAD OF ROTI - ADD 1CUP YOGURT 			

NOTE: ADJUST CALORIES ACCORDING TO YOUR HEIGHT, WEIGHT & AGE.

MEAL 4 AT 4:30PM

3300 CALORIES BY GURU MANN	FOOD	PRO	CARB	FAT
1	4 RICE CAKE	4	60	0
2	4 EGG WHITE	16	0	0
3	2SP PEANUT BUTTER	7	7	14
4	1 MEDIUM BANANA	0	20	0
	CALORIES - 582	27G	87G	14G
OPTIONAL	<ul style="list-style-type: none"> - USE BREAD SLICES INSTEAD OF RICE CAKE - EAT 2-3 EGG WHITES TO INCREASE PROTEIN ACCODING TO YOUR GOAL 			

NOTE: ADJUST CALORIES ACCORDING TO YOUR HEIGHT, WEIGHT & AGE.

POST WORKOUT AT 7:30PM

3300 CALORIES BY GURU MANN	FOOD	PRO	CARB	FAT
1	300ML GATORADE	0	35	0
2	1SP WHEY PROTEIN	25	0	0
3	5G CREATINE (OPTIONAL)	0	0	0
	CALORIES - 240	25G	35G	0
OPTIONAL	<ul style="list-style-type: none"> - ADD 5 GLUTAMINE (OPTIONAL) - HAVE 1-2 SCCOP OF WHEY ACCORDING TO YOU FITNESS LEVEL - EAT 6-7 DATES (KHAJOUR) INSTEAD OF GATORADE - HAVE 6 BOILED EGG WHITES IF YOU DONT WANT TO HAVE A WHEY PROTEIN 			

NOTE: ADJUST CALORIES ACCORDING TO YOUR HEIGHT, WEIGHT & AGE.

MEAL 5 AT 9PM

3300 CALORIES BY GURU MANN	FOOD	PRO	CARB	FAT
1	1 CUP RICE	4	44	2
2	1/2 CUP BEANS	10	28	3
3	1SP FLAX OR CHIA SEEDS	3	3	5
4	VEGETABLES	2	5	0
5	COCONUT OIL (1SP OR LESS)	0	0	12
	CALORIES - 594	19G	80G	22G
OPTIONAL	<ul style="list-style-type: none"> - ADD 100G CHICKEN IF YOU ARE NON VEG - CHICKEN & RICE OR EGGS & RICE OR DAL & RICE CAN BE EATEN AS WELL - 1SP COCONUT OIL CAN BE USED DURING THE COOKING - AVOID ADDING ANY BUTTER, GHEE, ETC IF YOU HAVE ALREADY COOKED FOOD IN OIL. - TOFU (SOY PANEER) WITH 2 ROTI CAN BE EATEN AS WELL 			

NOTE: ADJUST CALORIES ACCORDING TO YOUR HEIGHT, WEIGHT & AGE.