

T-Series presents



5%

**FAT LOSS &
CUTTING PROGRAM**

NO MEAT... NO FISH... NO EGGS...

*Designed &
Created by* **GURU MANN**



NUTRITION PLAN

CARB CYCLE

MONDAY	LOW CARBS
TUESDAY	LOW CARBS
WEDNESDAY	LOW CARBS
THURSDAY	HIGH CARBS
FRIDAY	NO OR LOWCARBS
SATURDAY	NO OR LOW CARBS
SUNDAY	LOW CARBS

LOW CARBS DAY

	VEGETARIAN	EGGETARIAN	NON-VEGETARIAN
UPON WAKING UP	Supplement: 500mg Carnitine	Supplement: 500mg Carnitine	Supplement: 500mg Carnitine
BREAKFAST 8-9AM	PROTEIN SHAKE - ½ Banana -1sp Peanut Butter -2sp Low fat Yogurt -200ml Almond Milk or Soy Milk -1.1sp Whey Protein -Pinch of Cinnamon -Ice cubes Supplement: 1g CLA PRO-40G / CARB-23G / FAT-11G	BOILED EGGS -1 Apple -7 Boiled Egg Whites -2 Boiled Whole Eggs Supplement: 1g CLA PRO-40G / CARB-23G / FAT-11G	BOILED EGGS -1 Apple -7 Boiled Egg Whites -2 Boiled Whole Eggs Supplement: 1g CLA PRO-40G / CARB-23G / FAT-11G

SNACK 11-12PM	GREEK YOGURT -1 Cup Plain Greek Yogurt -20g Roasted Peanuts -1g Cinnamon PRO-27G / CARB-15G / FAT-13G	GREEK YOGURT -1 Cup Plain Greek Yogurt -20g Roasted Peanuts -1g Cinnamon PRO-27G / CARB-15G / FAT-13G	GREEK YOGURT -1 Cup Plain Greek Yogurt -20g Roasted Peanuts -1g Cinnamon PRO-27G / CARB-15G / FAT-13G
LUNCH 2-3PM	PANEER & VEGETABLES -100g Paneer - ½ cup Kidney Beans (Rajma) - ½ cup Green Bell Pepper - ½ cup Broccoli (or Cauliflower) -2sp Onion -2sp Tomato PRO-24G / CARB-24G / FAT-21G	PANEER & VEGETABLES -100g Paneer - ½ cup Kidney Beans (Rajma) - ½ cup Green Bell Pepper - ½ cup Broccoli (or Cauliflower) -2sp Onion -2sp Tomato PRO-24G / CARB-24G / FAT-21G	CHICKEN & VEGETABLES -100g Grilled Chicken Breast - ½ cup Kidney Beans (Rajma) - ½ cup Green Bell Pepper - ½ cup Broccoli (or Cauliflower) -2sp Onion -2sp Tomato -1sp Olive Oil PRO-24G / CARB-24G / FAT-18G
PRE W/O 4:30PM	PRE W/O -½tbs Coffee (Nescafe) -240ml Hot Water Supplement: 500mg Carnitine OR PRE W/O SUPPLEMENT -1scoop of any pre w/o supplement	PRE W/O -½tbs Coffee (Nescafe) -240ml Hot Water Supplement: 500mg Carnitine OR PRE W/O SUPPLEMENT -1scoop of any pre w/o supplement	PRE W/O -½tbs Coffee (Nescafe) -240ml Hot Water Supplement: 500mg Carnitine OR PRE W/O SUPPLEMENT -1scoop of any pre w/o supplement
5-6:30PM	WORKOUT	WORKOUT	WORKOUT
POST W/O 6:30-7PM	POST W/O SUPPLEMENT -1-2scoop Whey Protein -300ml Cold Water PRO-40G / CARB-0G / FAT-0G	POST W/O SUPPLEMENT -1-2scoop Whey Protein -300ml Cold Water PRO-40G / CARB-0G / FAT-0G	POST W/O SUPPLEMENT -1-2scoop Whey Protein -300ml Cold Water PRO-40G / CARB-0G / FAT-0G
DINNER 8-9PM	ROTI SOY WRAP -50g Soy Chunk -1 Large Roti	ROTI EGG WRAP -5 Scrambled Egg whites -1 Large Roti	ROTI FISH WRAP -100g Grilled White fish -1 Large Roti

	<ul style="list-style-type: none"> -½ cup Chickpeas -2sp Onions -2sp Tomato -1sp Yogurt -1sp Ketchup -Salt/Pepper/Garlic Power PRO-34G / CARB-63G / FAT-10G	<ul style="list-style-type: none"> -½ cup Chickpeas -2sp Onions -2sp Tomato -1sp Yogurt -1sp Ketchup -Salt/Pepper/Garlic Power PRO-34G / CARB-35G / FAT-5G	<ul style="list-style-type: none"> -½ cup Chickpeas -2sp Onions -2sp Tomato -1sp Yogurt -1sp Ketchup -Salt/Pepper/Garlic Power PRO-34G / CARB-35G / FAT-5G
BEFORE BED 10-11PM	WARM MILK <ul style="list-style-type: none"> -1cup Non Fat or Low Fat Milk -2 Green Cardamom -2 Cloves -Pinch Cinnamon -Add 2/3sp Whey Protein -20 Almonds (crushed) Supplement: 1g CLA PRO-34G / CARB-16G / FAT-14G	WARM MILK <ul style="list-style-type: none"> -1cup Non Fat or Low Fat Milk -2 Green Cardamom -2 Cloves -Pinch Cinnamon -Add 2/3sp Whey Protein -20 Almonds (crushed) Supplement: 1g CLA PRO-34G / CARB-16G / FAT-14G	WARM MILK <ul style="list-style-type: none"> -1cup Non Fat or Low Fat Milk -2 Green Cardamom -2 Cloves -Pinch Cinnamon -Add 2/3sp Whey Protein -20 Almonds (crushed) Supplement: 1g CLA PRO-34G / CARB-16G / FAT-14G
	CAL 2000 / PRO-200g, CARB-147g, FAT-68g	CAL 1843 / PRO-200g, CARB-119g, FAT-63g	CAL 1816 / PRO-200g, CARB-119g, FAT-60g

Guru Mann

HIGH CARBS DAY

	VEGETARIAN	EGGETARIAN	NON-VEGETARIAN
UPON WAKING UP	Supplement: 500mg Carnitine	Supplement: 500mg Carnitine	Supplement: 500mg Carnitine
BREAKFAST 8-9AM	OAT MEAL - 1 Apple -1 Cup oats -1sp Whey Protein -Pinch of Cinnamon Supplement: 1g CLA PRO-25G / CARB-70G / FAT-4G	OATS & EGGS -1 Apple -1 Cup oats -Pinch of Cinnamon -5 Boiled Egg Whites Supplement: 1g CLA PRO-25G / CARB-70G / FAT-3G	OATS & EGGS -1 Apple -1 Cup oats -Pinch of Cinnamon -5 Boiled Egg Whites Supplement: 1g CLA PRO-25G / CARB-70G / FAT-3G
SNACK 11-12PM	GREEK YOGURT CHEERIO -1 Cup Plain Greek Yogurt -1cup Cheerio (sugar free) -1g Cinnamon PRO-27G / CARB-62G / FAT-3G	GREEK YOGURT CHEERIO -1 Cup Plain Greek Yogurt -1cup Cheerio (sugar free) -1g Cinnamon PRO-27G / CARB-62G / FAT-3G	GREEK YOGURT CHEERIO -1 Cup Plain Greek Yogurt -1cup Cheerio (sugar free) -1g Cinnamon PRO-27G / CARB-62G / FAT-3G
LUNCH 2-3PM	PANEER WITH SWEET POTATO & VEGETABLES -70g Paneer - ½ cup Kidney Beans (Rajma) - 180g Sweet Potato - ½ cup Green Bell Pepper - ½ cup Broccoli (or Cauliflower) -2sp Onion -2sp Tomato PRO-20G / CARB-64G / FAT-16G	PANEER WITH SWEET POTATO & VEGETABLES -70g Paneer - ½ cup Kidney Beans (Rajma) - 180g Sweet Potato - ½ cup Green Bell Pepper - ½ cup Broccoli (or Cauliflower) -2sp Onion -2sp Tomato PRO-20G / CARB-64G / FAT-16G	CHICKEN WITH SWEET POTATO & VEGETABLES -80g Grilled Chicken Breast - ½ cup Kidney Beans (Rajma) - 180g Sweet Potato - ½ cup Green Bell Pepper - ½ cup Broccoli (or Cauliflower) -2sp Onion -2sp Tomato -½ sp Olive Oil PRO-20G / CARB-64G / FAT-10G
PRE W/O 4:30PM	PRE W/O -½tbs Coffee (Nescafe)	PRE W/O -½tbs Coffee (Nescafe)	PRE W/O -½tbs Coffee (Nescafe)

	-240ml Hot Water Supplement: 500mg Carnitine OR PRE W/O SUPPLEMENT -1scoop of any pre w/o supplement	-240ml Hot Water Supplement: 500mg Carnitine OR PRE W/O SUPPLEMENT -1scoop of any pre w/o supplement	-240ml Hot Water Supplement: 500mg Carnitine OR PRE W/O SUPPLEMENT -1scoop of any pre w/o supplement
5-6:30PM	WORKOUT	WORKOUT	WORKOUT
POST W/O 6:30-7PM	POST W/O SUPPLEMENT -1-2scoop Whey Protein -300ml Cold Water PRO-40G / CARB-0G / FAT-0G	POST W/O SUPPLEMENT -1-2scoop Whey Protein -300ml Cold Water PRO-40G / CARB-0G / FAT-0G	POST W/O SUPPLEMENT -1-2scoop Whey Protein -300ml Cold Water PRO-40G / CARB-0G / FAT-0G
DINNER 8-9PM	SOY CHUNK RICE PALAO -25g Soy Chunk -2/3 cup Brown Rice -½ cup Chickpeas -2sp Onions -2sp Tomato -1sp Vinegar -Salt/Pepper/Garlic Power Half Plate Green Salad PRO-22G / CARB-63G / FAT-5G	EGG BIRYANI -5 Scrambled Egg whites -1 cup Brown Rice -½ cup Chickpeas -2sp Onions -2sp Tomato -1sp ketchp -Salt/Pepper/Garlic Power Half Plate Green Salad PRO-24G / CARB-50G / FAT-5G	FISH & RICE -100g Grilled White Fish -1 cup Brown Rice -½ Lemon Half Plate Green Salad PRO-24G / CARB-50G / FAT-5G
BEFORE BED 10-11PM	WARM MILK -1cup Non Fat or Low Fat Milk -2 Green Cardamom -2 Cloves -Pinch Cinnamon -Add ½ sp Whey Protein -20 Almonds (crushed)	WARM MILK -1cup Non Fat or Low Fat Milk -2 Green Cardamom -2 Cloves -Pinch Cinnamon -Add ½ sp Whey Protein -20 Almonds (crushed)	WARM MILK -1cup Non Fat or Low Fat Milk -2 Green Cardamom -2 Cloves -Pinch Cinnamon -Add ½ sp Whey Protein -20 Almonds (crushed)

	Supplement: 1g CLA PRO-30G / CARB-16G / FAT-14G	Supplement: 1g CLA PRO-30G / CARB-16G / FAT-14G	Supplement: 1g CLA PRO-30G / CARB-16G / FAT-14G
	CAL 2152 / PRO-164g, CARB-275g, FAT-42g	CAL 2090 / PRO-166g, CARB-262g, FAT-42g	CAL 2090 / PRO-166g, CARB-262g, FAT-42g

INSTRUCTION:-

1. Drink 3-4 liters of water.
2. Drink 2 cups of green tea a day.
3. Eat in every 2-3 hours.
4. Calculate your calories according to your height, weight, age and adjust the calories.
5. Avoid using oil. Use what we have recommended.
6. Some time you can use Lentils and Black channe instead of Chickpeas and kidney beans.
7. Have Walnuts once or twice a week instead of peanuts or Almonds.
8. Eat Salad twice a day if possible (Cucumber, Tomato, Lettuce, carrots)
9. Avoid eating White sugar, soda, candies, fried food, white bread, etc.
10. Optional supplements: Casein protein, BCAA, Multi vitamins, Fish Oil, etc.

GOOD LUCK ☺

Regards,
-GM