

T-SERIES PRESENTS

गुरु MANN'S DIET

ROTI / SABJI / DAAL / CHAWAL

BUILD MUSCLE WITH
INDIAN STYLE FOOD

NO

MEAT/CHICKEN/SUPPLEMENT



DESIGNED & CREATED BY
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NUTRITION E-Book

Guru Mann

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MUSCLE BUILDING NUTRITION PLAN

For DESI COMMUNITY

UPON WAKING UP - 7-8AM

| | |
|----------|--|
| OPTIONAL | 1 cup Desi Chai with Adrak or Elaichi (5-8g Sugar) |
|----------|--|

MEAL 1: BREAKFAST - 8-9AM

| TITLE | FOOD | QUANTITY | MACRO |
|----------------------------|--|------------------------|---|
| DESI BHURJI ROTI & CHAI | -EGG BHURJI -PRANTHI OR ROTI -CHAI OR MILK | -2 + 4 -2 -1 CUP | <i>PRO - 50G</i> <i>CARB - 55G</i> <i>EAT - 12G</i> |
| VEG ALTERNATES | PANEER BHURJI OR TOFU BHURJI | 100G | ----- |

MEAL 2: SNACK - 11-12PM

| TITLE | FOOD | QUANTITY | MACRO |
|------------------------|---------------------------------|--------------------|--|
| ANDE / DOODH BANANA | -BOILED -BANANA -MILK | -7 -2 -1 CUP | <i>PRO - 39G</i> <i>CARB - 60G</i> <i>EAT - 6G</i> |
| VEG ALTERNATES | FRESH PANEER OR WHEY PROTEIN | 100G 24G | ----- |

MEAL 3: LUNCH - 2-3PM

| TITLE | FOOD | QUANTITY | MACRO |
|-------------------------------|---|---|---|
| AALOO SHIMLA YOGURT / ROTI | -GREEN BELL PEPPER -POTATO -GINGER/GARLIC/ONION -SALT/PEPPER -YOGURT -ROTI -COCONUT OIL OR DESI GHEE | -1/2 CUP -1/2 -2-4 sp -PINCH -1CUP -2 -1/2 sp | <i>PRO - 20G</i> <i>CARB - 75G</i> <i>EAT - 15G</i> |
| VEG ALTERNATES | <u>PICK ANY SABJI</u> GREEN BEANS CAULIFLOWER CABBAGE SPINACH PEAS/POTATO OKRA | ----- | ----- |

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|--|--|--|--|

MEAL 4: SNACK – 5PM

| TITLE | FOOD | QUANTITY | MACRO |
|----------------|--|-------------------------------------|---|
| DESI DALIA | -BROKEN WHEAT -CRUSHED ALMONDS -RAISINS -MILK | -1/2 -18 PIECES -2SP -1CUP | <i>PRO - 25G</i> <i>CARB – 40G</i> <i>EAT – 15G</i> |
| VEG ALTERNATES | FRESH PANEER WHEY PROTEIN | 100G 24G | ----- |

MEAL 5: LUNCH – 2-3PM

| TITLE | FOOD | QUANTITY | MACRO |
|-------------------|---|--|--|
| KAALE CHANNE ROTI | -BLACK CHANNE -ONION/TOMATO -GINGER/GARLIC -SALT/PEPPER -ROTI OR RICE -NO OIL | -1/2 CUP -2SP -2SP -PINCH -2 | <i>PRO - 15G</i> <i>CARB – 62G</i> <i>EAT – 4G</i> |
| VEG ALTERNATES | <i>PICK ANY SABJI</i> -WHITE CHANNE -KIDNEY BEANS (RAJMA) -MIXED LENTIL (DAAL) -MATAR PANEER -TANDOORI CHICKEN (NON VEG OPTION) | ----- | ----- |

POST WORKOUT – (8AM OR 7PM)

| TITLE | FOOD | QUANTITY | MACRO |
|----------------|---|--|--|
| DESI ANDE | -BOILED EGGS <u>BANANA SHAKE</u> -BANANA -MILK -HONEY -ICE OR FRESH MIXED JUICE | -10-12 -1 -240ML -1SP -4 CUBES | <i>PRO - 50G</i> <i>CARB – 45G</i> <i>EAT – 0G</i> |
| VEG ALTERNATES | FRESH PANEER WITH JUICE OR WHEY PROTEIN WITH BANANA | 100G 24G | ----- |

NOTE: All meals are available FREE on my “Health And Fitness” YouTube Channel.

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WORKOUT PLAN

| | |
|------------------|----------------------------|
| MONDAY | CHEST & TRICEPS |
| TUESDAY | QUADS, HAMSTRINGS & CLAVES |
| WEDNESDAY | CARDIO & ABS |
| THURSDAY | BACK & BICEPS |
| FRIDAY | SHOULDERS & TRICEPS |
| SATURDAY | REST |
| SUNDAY | REST |

| CHEST & TRICEPS | | |
|-----------------|---|----------------|
| | Warm-up | 2 x 25reps |
| 1 | DB Press + Pushups | 3 x 10-12 Reps |
| 2 | DB Incline Fly | 3 x 10-12 Reps |
| 3 | Peck Deck + Decline Cable Fly | 3 x 10-12 Reps |
| 4 | Barbell Skull Crusher + Bench Dips | 3 x 10-12 Reps |
| 5 | Cable Overhead Ext + Reverse grip Triceps Pressdown | 3 x 10-12 Reps |
| 6 | DB Kickback | 3 x 10-12 Reps |

| QUADS, HAMS & CALVES | | |
|----------------------|--------------------------|----------------|
| | Warm-up | 2 x 25reps |
| 1 | Barbell Front Squat | 3 x 10-12 Reps |
| 2 | Leg Press + DB Deadlift | 3 x 10-12 Reps |
| 3 | Leg Extension + Leg Curl | 3 x 10-12 Reps |
| 4 | DB Lunges | 3 x 10-12 Reps |
| 5 | Standing Calf Raise | 3 x 10-12 Reps |

| CARDIO & ABS | | |
|---------------|--------------------------------------|-----------------|
| 1 | Cable Crunches | 4 x 20 Reps |
| 2 | Laying Leg Crunch + Oblique Crunches | 4 x 20 Reps |
| 3 | Planks | 3 x 120sec hold |
| 4 | Inclined Side Twist | 3 x 20 Reps |
| CARDIO | 30mins Running or Elliptical | ----- |

| BACK & BICEPS | | |
|---------------|--|----------------|
| | Warm-up | 2 x 25reps |
| 1 | Reverse Grip Lat Pull-down | 3 x 10-12 Reps |
| 2 | DB Pullover + Pull-ups | 3 x 10-12 Reps |
| 3 | Close Grip Machine Rows | 3 x 10-12 Reps |
| 4 | Barbell Hyper Ext. | 3 x 10-12 Reps |
| 5 | DB Hammer Curl | 3 x 10-12 Reps |
| 6 | Barbell Preacher Curl +Close Grip Barbell Curl | 3 x 10-12 Reps |
| 7 | DB Conc. Curl | 3 x 10-12 Reps |

| SHOULDERS & TRAPS | | |
|-------------------|---|----------------|
| | Warm-up | 2 x 25reps |
| 1 | DB Press | 3 x 10-12 Reps |
| 2 | DB Side Raise + Plate Front Raise | 3 x 10-12 Reps |
| 3 | Single Hand DB Press + Cable Side Raise | 3 x 10-12 Reps |
| 4 | Cable Rear Delt Fly | 3 x 10-12 Reps |
| 5 | DB Shrugs | 3 x 10-12 Reps |

POINT TO BE NOTED:

- 5 minutes Warm-up before training.
- 3-4 Sets per exercise.
- 10-12 reps per set.
- 2 Minutes Rest after each set.
- Regular Set & Super Set.
- Drink 750ml Water through the Workout.