

DIET FOR HOSTELIER

FAT LOSS MEAL PLAN

MEAL 1 (7-8am)

2 Slice Wheat/Brown Bread
1sp Peanut Butter
1 cup Low Fat Milk (or Slim)
1 Multivitamin
or
3 Egg Omelet or Boiled (1 whole + 2 white)
2 Slice Wheat/Brown Bread
1cup Low Fat Milk (or Slim)
1 Multivitamin

Guru Mann Fitness Inc.

MEAL 2 – SNACK (10-11am)

1 Banana
1cup Roasted chickpeas (channe)
1 cup Tea

Guru Mann Fitness Inc.

MEAL 3 – LUNCH (1-2pm)

1 Roti
1 cup any Sabji/Dal (whatever available in the hostel/college mess)
Salad (tomato/cucumber/carrot – if available)

MEAL 4 – SNACK (4-5pm)

Any Piece of Fruit
3 Fiber Biscuit
1 cup Tea/Milk
or
3-5 Boiled Eggs (go to the market and buy boiled eggs)
1 glass fresh orange/apple juice

Guru Mann Fitness Inc.

MEAL 5 – DINNER (8-9pm)

1 Roti
1 cup any Sabji/Dal (whatever available in the hostel/college mess)
Salad (tomato/cucumber/carrot – if available)

MEAL 6 – BEFORE BED (11pm)

1 cup milk
(add 1sp protinex sugar free if possible)
12 Almonds

Guru Mann Fitness Inc.

MUSCLE BUILDING MEAL PLAN

MEAL 1 (7-8am)

4 Slice Wheat/Brown Bread
2sp Peanut Butter
1 cup Low Fat Milk (or Slim)
1 Multivitamin
or
4 Egg Omelet or Boiled (1 whole + 2 white)
4 Slice Wheat/Brown Bread
1cup Low Fat Milk (or Slim)
1 Multivitamin

Guru Mann Fitness Inc.

MEAL 2 – SNACK (10-11am)

2 Banana
2cup Roasted chickpeas (channe)
1 cup Tea

Guru Mann Fitness Inc.

MEAL 3 – LUNCH (1-2pm)

2 Roti
2 cup any Sabji/Dal (whatever available in the hostel/college mess)
Salad (tomato/cucumber/carrot – if available)

Guru Mann Fitness Inc.

MEAL 4 – SNACK (4-5pm)

Any Piece of Fruit
6 Fiber Biscuit
1 cup Tea/Milk
or
3-5 Boiled Eggs (go to the market and buy boiled eggs)
1 glass fresh orange/apple juice

Guru Mann Fitness Inc.

MEAL 5 – DINNER (8-9pm)

2 Roti
2 cup any Sabji/Dal (whatever available in the hostel/college mess)
Salad (tomato/cucumber/carrot – if available)

Guru Mann Fitness Inc.

MEAL 6 – BEFORE BED (11pm)

1 cup milk
(add 2sp protinex sugar free if possible)
20 Almonds

Guru Mann Fitness Inc.

FOOD TO AVOID IN THE MESS/CANTEEN

- White Bread
- White Rice (Once a week is fine)
- Oily Food
- Sweet Dish
- Ice Cream
- Bread Pakora

FOOD TO BRING FROM HOME & KEEP IT IN YOUR ROOM

- Peanut Butter
- Roasted Channe
- Almonds
- Wheat Bread
- Multivitamins
- Protinex
- Fiber Biscuit
- Green tea Bag

FOOD WHICH YOU CAN BUY FROM THE MARKET ON DAILY BASIS

- Slim Milk
- Fresh Paneer
- Boiled Eggs
- Fruits
- Fruit Juice