

## NUTRITION DURING NAVRATRI

### **SAMPLE NUTRITION PLAN.**

#### **MEAL 1** – Protein Smoothie

1sp Whey or Plant Protein  
240ml Milk  
1 Banana  
2sp Peanut Butter  
3g Cinnamon

#### **MEAL 2** – Nut Mix

28g Almonds  
3sp Raisin  
1cup Indian Tea

#### **MEAL 3**

150g Sweet Potato  
½ Cauliflower  
100g Paneer

#### **MEAL 4** – Smoothies

1sp whey or Plant Protein  
2sp peanut butter  
1 banana  
240ml Coconut Water

#### **MEAL 5:** Bhurji

250g Paneer  
1 cup lettuce with cucumber, tomatoes,  
1 Orange  
OR  
250g Paneer cooked in Olive oil  
1cup cooked cauliflower and peas  
1 Orange

#### **MEAL 6:** Nuts

30-50g Cashews

- **Mix 10g BCAA in 2 Liters of Water and sip it through out the day.**
- **Eat 200g Sweet Potato twice a day**
- **Have a Fruit Bowl Twice a day**
- **Add 3-5 dates before & after exercise**
- **Drink 240-500ml Coconut Water & 3-4 liters of Water a day**

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