

NUTRITION DURING RAMADAN

SAMPLE NUTRITION PLAN (MUSCLE BUILDING/MUSCLE MAINTAINING)

FASTING HOURS - 6AM TO 7PM (13 HOURS APX.)

MEAL 1 - 7PM - PRE WORKOUT

Smoothie

1.5sp Whey or Plant Protein
240ml Milk
2 Bananas OR Carbs Supplement (50-60g)
2sp Natural Honey
2sp Peanut Butter
4 dates (Eat separately)

MEAL 2 - 9PM - POST WORKOUT

1.5sp Whey or Plant Protein
240ml Gatorade or Apple Juice
2 Bananas OR Carbs Supplement (50-60g)
2sp Natural Honey
2sp Peanut Butter
5 dates (Eat separately)

MEAL 3 - 11PM - DINNER/BEFORE BED

150g Sweet Potatoes
100g Chicken cooked with olive oil
OR
Chicken Biryani (with Brown Rice)

MEAL 4 - 5:30PM - BREAKFAST

1cup Oats
1sp Whey Protein
1 Banana
4 Whole Eggs
15 Crushed Almonds
1 cup Coffee

- **Mix 10g BCAA in 2 Liters of Water and sip it from 7pm to 11pm - 5am to 6am.**
- **SIMPLE CARBS - White Rice, White Potato, Quinoa,**
- **COMPLEX CARBS - Brown Rice, Sweet Potato, Oats, etc.**

Designed & Created by
Guru Mann
Nutritionist
Kinesiology - Human Kinetic
Level-III CERTIFIED