

DIET DURING VACATION OR TRAVELLING

BREAKFAST

- ½ cup Oats (Soak it overnight)
- 1sp Whey
- ½ Apple and Banana
- 6 Almonds
- Or 1 banana + 1cup milk + 3 boiled eggs

SNACK 1

- Any Fruits (Apple, Pear, Papaya, Grapes, Guava, Pomegranate, Plum, Peach)
- Any Nuts Handful (Walnuts, Cashews, Peanuts, Almonds)

LUNCH

- Subway Sandwich
- Or Roasted Chicken
- Or Any Grilled Sandwich
- Or Dal/Sabji with Salad with 1 roti (Avoid Naan or white rice)

SNACK 2

- Mixed Fruits Salad and Mixed Nuts Handful
- Or Protein Bar
- Or Protein Laddoo (Recipe is on Health and Fitness channel)
- Or Indian Tea with Wheat Biscuits
- Or Roasted Chickpeas or Soybeans
- Or Fresh Orange or Carrot Juice
- Or 1sp Whey in Slim Milk

DINNER

- Subway Sandwich
- Or Roasted Chicken
- Or Any Grilled Sandwich
- Or Dal/Sabji with Salad with 1 roti (Avoid Naan or white rice)
- Or Tandoori Chicken
- Or BBQ Chicken
- Or Grilled Paneer with Salad

BEFORE BED

- 300ml Low fat Milk
- Or 1sp whey in 300ml Milk

NOTE: WATCH VIDEO ON GURU MANN FITNESS YOUTUBE CHANNEL

AVOID:

- Oily and salty food
- Oil too much sugar
- Soft drinks
- Burger or pizza, once a week is acceptable
- Too much of alcohol consumption, once or twice during vacation is fine.
- Avoid butter and ghee on daily basis
- Avoid daily white rice consumption
- Daily roti is fine but in moderation.
- Daily workout (not necessary during vacation, break is good for your body)

EAT/DRINK

- More water through out the day
- 1cup green tea if possible
- Fruits and nuts
- Vegetables (Salad available everywhere)
- Vegetable juice
- Any chicken, fish, eggs (Available at every hotel, restaurants, etc)
- Milk and Yogurt

Enjoy Your Vacation



Guru Mann

ISSA/ASFA/NASM/ACE/ACSM Level-III CERTIFIED
United States.

Guru Mann Fitness