

MONTHLY COST FOR FAT LOSS IN INDIA

	FOOD ITEM	QUANTITY	COST PER KG/BOX	COST PER SERVING	PROTEIN	CARB	FAT
1	Eggs	12	Rs 5	Rs 60	52g	2g	10g
2	Chicken	220g	Rs 300	Rs 60	50g	2g	3g
3	Milk	250ml	Rs 60	Rs 15	10g	10g	1g
4	Paneer	100g	Rs 150	Rs 15	10g	0g	10g
5	Oats	54g	Rs 200	Rs 10	5g	27g	3g
6	Peanut Butter	2 spoon	Rs 140	Rs 10	7g	7g	14g
7	Almonds	28g	Rs 800	Rs 10	7g	7g	14g
8	Peanuts	28g	Rs 200	Rs 5	7g	7g	14g
9	Brown Rice	45g uncooked	Rs 150	Rs 7	3g	22g	1g
10	Wheat Roti	1	Rs 5	Rs 2	4g	22g	1g
11	Apple	1	Rs 100	Rs 20	0	25g	0g
12	Vegetables	3-5	Rs 200	Rs 20	0	30g	0g
13	Green Tea	2	Rs 180	Rs 2	0	0	0
15	Flax Seeds	1sp	Rs 120	Rs 4	5g	5g	5g
15	Condiments	1-2	-----	Rs 2	0	5g	----
	TOTAL			Rs 232	161g	171g	86g

232 X 30 = Rs 6960

NOTE: Grocery cost could vary state to state. **Carb : Protein Ratio is 1:1**

SUPPLEMENT COST

	FOOD ITEM	QUANTITY	COST PER KG/BOX	COST PER SERVING	PROTEIN	CARB	FAT
1	Whey	2 Scoop	Rs 7000 70servings	Rs 200 (Rs100/serv)	50g	3g	2g
2	Multi Vitamins	1	Rs 2500 50servings	Rs 50	0	0	0
3	Omega 3	1	Rs 1200 100servings	Rs 12	0	0	0
4	BCAA	1 (5g)	Rs 3000 345g/70ser	Rs 45	0	0	0
			Guru Mann Fitness Inc	Rs 307	50g	3g	2g

307 X 30 = Rs 9210

Guru Mann Fitness Inc.

Guru Mann Fitness Inc.
United States.

BUDGET - A

MUSCLE BUILDING WITHOUT SUPPLEMENT

Food Item	Rs 6960	P-161g
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BUDGET - B

MUSCLE BUILDING WITH SUPPLEMENT (1serving of Whey)

Food Item	Rs 6960	P-161g
Supplement (1serving Whey)	Rs 3000 (30xRs100/ser)	P-25g
	Rs 9,960	P-186g

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BUDGET - C

MUSCLE BUILDING WITH SUPPLEMENT (1serving of Whey+MV+Omega3+Creatine)

Food Item	Rs 6960	P-161g
Supplements - 1serving Whey - MV - Omega 3 - BCCA	Rs 6210 Guru Mann Fitness Inc	P-25g
	Rs 13,170	P-186g

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BUDGET - D

MUSCLE BUILDING WITH SUPPLEMENT (2serving of Whey)

Food Item	Rs 6960	P-161g
Supplements - 2serving Whey - MV - Omega 3 - BCAA	Rs 9210 Guru Mann Fitness Inc	P-50g
	Rs 16,170	P-211g

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Carb : Protein Ratio is 1:1.3 (171g:211g)

OTHER COST

Good Trainer	Rs 10,000 to Rs 20,000/month	FREE
Nutritionist	Rs 10,000 to Rs 20,000/month	FREE
	Rs 20,000 to Rs 40,000	FREE

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United States.