

TIME

# FIT-ZONE

NON WORKOUT DAY

#### NUTRITION PLAN for WOMEN

# NON-VEG PLAN BASED ON EVENING WORKOUT

WORKOUT DAYS

WAKING UP **DETOX JUICE (Twice a week)** SUPER OATS SUPER OATS MEAL 1 -1sp Protinex -1sp Protinex -1/2 cup Oats -1/2 cup Oats -1/3 Banana -1/2 Banana -1sp Chia Seeds -2g Cinnamon -2g Cinnamon -1 Revital for Women -2 Boiled Egg Whites -1 Revital for Women **BREAD OMELETE OMELETE** MEAL 2 -3 Egg Whites -2 Egg Whites -1 Slice Wheat Bread -1 Orange or Pear Or Apple MEAL 3 CHICKEN SALAD PANEER BHURII -50g Grilled or boiled Chicken -50g Paneer -1/2 cup Cucumber -1 Roti -1c Green Leaves or Lettuce or Cabbage - ½ Cucumber -1 large Carrot -2sp Tomato -15g Walnut -1sp Vinegar -Avocado & Broccoli (option) -Non Fat Ranch (optional) BANANA PROTEIN ROASTED CHANNE MEAL 4 -1 Banana -1cup Dry Roasted Back Channe -2 Egg Whites -1sp Peanut Butter

PRE W/O	PRE W/O SUPPLEMENT	
6PM	-1scoop Amino Energy	
	-200ml Cold Water	

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-1sp Peanuts-1sp Protinex

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6:30-7:30	OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk WORKOUT		NO WORKOUT  NO WORKOUT
<b>POST W/O</b> 7:30PM	POST W/O DRINK -3 Boiled Egg Whites -240ml Non fat milk		NO WORKOUT
MEAL 5 DINNER 8:30-9PM	VEGGIE BOWL with Chicken - 1/3 cup Brown Rice - 50g Chicken Breast (or boiled) - ½ Chick Peas -½ Green Bell Pepper - ½cup Cauliflower -2sp Green Onion(or Red Onion) -2sp Tomato - ½ Lemon - ½ Coconut Oil -1sp Ketchup -Salt/Pepper/Garlic Power -1g Fish Oil Supplement (optional)	SCRAMBLED EGGS 8 -2 Egg Whites - ½ cup Brown Rice (Make Scrambled Eggs then little bit salt and pepper) 1g Fish Oil Supplem	add cooked brown rice,
MEAL 6 BEFORE BED 11PM TOTAL	ALMOND MILK -240ml non fat milk -12 Almonds (crushed) -1 green Cardamoms -Pinch Cinnamon (Boil milk and add everything)  CAL-1530 P-150 C-120 F-50	ALMOND MILK -240ml non fat milk -12 Almonds (crushe -1 green Cardamoms -Pinch Cinnamon (Boil	milk and add everything)

# **NON-VEG PLAN BASED ON MORNING WORKOUT**

TIME	WORKOUT DAYS	NON WORKOUT DAY
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WAKING UP 6:30AM	DETOX JUICE (Twice a week)	
<b>PRE W/O</b> 7:00AM	PRE W/O SUPPLEMENT -1scoop Amino Energy -200ml Cold Water OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk	NO WORKOUT
7:30-8:30	WORKOUT	NO WORKOUT
<b>POST W/O</b> 8:30AM	POST W/O DRINK -3 Boiled Egg Whites -240ml Non fat milk	NO WORKOUT

MEAL 1	SUPER OATS	SUPER OATS
	-1sp Protinex	-1sp Protinex
BREAKFAST	-1/2 cup Oats	-1/2 cup Oats
9:30AM	-1/3 Banana	-1/2 Banana
	-1sp Chia Seeds	-2g Cinnamon
	-2g Cinnamon	-1 Revital for Women
	-2 Boiled Egg Whites	-
	-1 Revital for Women	
MEAL 2	OMELETE	BREAD OMELETE
SNACK	-3 Egg Whites	-2 Egg Whites
12-1PM	-1 Orange or Pear Or Apple	-1 Slice Wheat Bread
MEAL 3	CHICKEN SALAD	PANEER BHURJI
112112 0	-50g Grilled or boiled Chicken	-50g Paneer
	-1/2 cup Cucumber	-1 Roti
LUNCH	-1c Green Leaves or Lettuce or Cabbage	- ½ Cucumber
3-4PM	-1 large Carrot	
	-2sp Tomato	
	-15g Walnut	
	-1sp Vinegar	
	-Avocado & Broccoli (option)	
	-Non Fat Ranch (optional)	
MEAL 4	BANANA PROTEIN	ROASTED CHANNE
	-1 Banana	-1cup Dry Roasted Back Channe
SNACK	-1sp Peanut Butter	-2 Egg Whites
5-6PM	-1sp Peanuts	

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	-1sp Protinex	
MEAL 5  DINNER 8-9PM	-1sp Protinex  VEGGIE BOWL with Chicken - 1/3 cup Brown Rice - 50g Chicken Breast (or boiled) - ½ Chick Peas -½ Green Bell Pepper - ½cup Cauliflower -2sp Green Onion(or Red Onion) -2sp Tomato - ½ Lemon - ½ Coconut Oil -1sp Ketchup -Salt/Pepper/Garlic Power	SCRAMBLED EGGS & RICE -2 Egg Whites - ½ cup Brown Rice (Make Scrambled Eggs then add cooked brown rice, little bit salt and pepper)  1g Fish Oil Supplement (optional)
MEAL 6 BEFORE BED 10-11PM	-1g Fish Oil Supplement (optional)  ALMOND MILK -240ml non fat milk -12 Almonds (crushed) -1 green Cardamoms -Pinch Cinnamon (Boil milk and add everything)	ALMOND MILK -240ml non fat milk -12 Almonds (crushed) -1 green Cardamoms -Pinch Cinnamon (Boil milk and add everything)
TOTAL	CAL-1530 P-150 C-120 F-50	CAL-1506 P-100 C-200 F-34

## **VEG PLAN BASED ON EVENING WORKOUT**

WORKOUT DAYS

WAKING UP	DETOX JUICE (Twice a week)	
MEAL 1	SUPER OATS	SUPER OATS
	-1sp Protinex	-1sp Protinex
	-1/2 cup Oats	-1/2 cup Oats
	-1/3 Banana	-1/2 Banana
	-1sp Chia Seeds	-2g Cinnamon
	-2g Cinnamon	-1 Revital for Women
	-1 Revital for Women	~~
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MEAL 2	PROTEIN DRINK	PEANUT BUTTER TOAST
SNACK	-1cup Non fat Milk	-1slice Wheat Bread
	-1 Orange or Pear Or Apple	-1sp Peanut Butter
		-240ml Non fat Milk
MEAL 3	BEAN SALAD	PANEER BHURJI
	-1/2 Kidney Beans	-50g Paneer
	-1cup Cucumber	-1 Roti
	-1c Green Leaves or Lettuce or Cabbage	- ½ Cucumber
LUNCH	-1 large Carrot	
	-3sp Tomato	
	-50g Paneer	
	-20g Walnut	
	-1sp Vinegar	
	-Avocado & Broccoli (option)	
MEAL 4	BANANA PROTEIN	ROASTED CHANNE

PRE W/O 6PM	PRE W/O SUPPLEMENT -1scoop Amino Energy -200ml Cold Water OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe)	NO WORKOUT	
7:30-8:30	-240ml Hot Water + 1sp milk  WORKOUT		NO WORKOUT
<b>POST W/O</b> 7:30PM	POST W/O DRINK -240ml Non fat milk	NO WC	DRKOUT

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CAL- 315 PRO-30G CARB-30G FAT-15G

-1 Banana -1sp Peanut Butter

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-1sp Peanuts-1sp Protinex

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-1cup Dry Roasted Back Channe

CAL- 323 PRO-22G CARB-52G FAT-4G

-1cup non fat milk

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MEAL 5	VEGGIE BOWL with Soy Chunks	LENTIL & RICE	ĺ
	- ½cup Brown Rice	-½cup cooked Black Lentil	
DINNER	-30g Soy Chunks	-1cup low fat yogurt	ĺ
8:30-9PM	- ½ Chic Peas	- ½cup Brown Rice	ĺ
	-½ Green Bell Pepper	-1g Flaxseed Oil Supplement	
	- ½cup Cauliflower	(optional)	
	-2sp Green Onion		
	-2sp Tomato		İ
	- ½ Lemon		İ
	- ½ Coconut Oil	_	
	-1sp Ketchup		ĺ
	-Salt/Pepper/Garlic Power	~~	ĺ
	-1g Flaxseed Oil Supplement		ĺ
	(optional)		İ
MEAL 6	ALMOND MILK	ALMOND MILK	
	-240ml non fat milk	-240ml non fat milk	
BEFORE BED	-12 Almonds (crushed)	-12 Almonds (crushed)	
11PM	-1 green Cardamoms	-1 green Cardamoms	İ
	-Pinch Cinnamon (Boil milk and add everything)	-Pinch Cinnamon (Boil milk and add everything)	ĺ
TOTAL	CAL-1490 P-140 C-120 F-50	CAL-1530 P-101 C-205 F-34	

# **VEG PLAN BASED ON MORNING WORKOUT**

**DETOX JUICE (Twice a week)** 

PRE W/O SUPPLEMENT

WAKING UP

PRE W/O

TIME WORKOUT DAYS	NON WORKOUT DAY
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7AM	-1scoop Amino Energy -200ml Cold Water OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk	NO WORKOUT
<b>DURING W/O</b> 7:30-9:00	WORKOUT	NO WORKOUT
POST W/O	POST W/O DRINK	
9:00AM	-240ml Non fat milk	NO WORKOUT
		,
MEAL 1	SUPER OATS	SUPER OATS
	-1sp Protinex	-1sp Protinex
BREAKFAST	-1/2 cup Oats	-1/2 cup Oats
10AM	-1/3 Banana	-1/2 Banana
	-1sp Chia Seeds	-2g Cinnamon
	-2g Cinnamon	-1 Revital for Women
	-1 Revital for Women	7
MEAL 2 SNACK 12-1PM	PROTEIN DRINK -1cup Non fat Milk -1 Orange or Pear Or Apple	PEANUT BUTTER TOAST -1slice Wheat Bread -1sp Peanut Butter -240ml Non fat Milk

**BEAN SALAD** PANEER BHURJI MEAL 3 -50g Paneer -1/2 Kidney Beans -1cup Cucumber -1 Roti -1c Green Leaves or Lettuce or Cabbage - ½ Cucumber -1 large Carrot -3sp Tomato -50g Paneer -20g Walnut -1sp Vinegar -Avocado & Broccoli (option) BANANA PROTEIN ROASTED CHANNE MEAL 4 -1cup Dry Roasted Back Channe -1 Banana -1sp Peanut Butter -1cup non fat milk -1sp Peanuts -1sp Protinex

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MEAL 5	VEGGIE BOWL with Soy Chunks	LENTIL & RICE
PILITE 5	- ½cup Brown Rice	-½cup cooked Black Lentil
DINNER	-30g Soy Chunks	-1cup low fat yogurt
7-8PM	- ½ Chic Peas	1 5 5
7 -01 W	/2	- ½cup Brown Rice
	-½ Green Bell Pepper	-1g Flaxseed Oil Supplement
	- ½cup Cauliflower	(optional)
	-2sp Green Onion	
	-2sp Tomato	
	- ½ Lemon	
	- ½ Coconut Oil	
	-1sp Ketchup	
	-Salt/Pepper/Garlic Power	4
	-1g Flaxseed Oil Supplement	
	(optional)	
MEAL 6	ALMOND MILK	ALMOND MILK
	-240ml non fat milk	-240ml non fat milk
BEFORE BED	-12 Almonds (crushed)	-12 Almonds (crushed)
10PM	-1 green Cardamoms	-1 green Cardamoms
	-Pinch Cinnamon (Boil milk and add everything)	-Pinch Cinnamon (Boil milk and add everything)
TOTAL	CAL-1490 P-140 C-120 F-50	CAL-1530 P-101 C-205 F-34

#### INFORMATION:

- WATCH ALL THE NUTRITION VIDEOS ON MY HEALTH AND FITNESS YOUTUBE CHANNEL [SHREDDED NEXT LEVEL NUTRITION]
- ❖ ADJUST YOUR MEAL TIMINGS ACCORDING TO YOUR WAKE-UP AND SLEEP CYCLE
- **❖** USE COOKING SPRAY INSTEAD OF OIL
- **❖** COOK MEALS IN THE MORNING IF YOU ARE GOING TO WORK
- **❖** KEEP NUTS AND APPLE WITH YOU INCASE YOU SKIP ANY MEAL
- SLEEP SHOURS MINIMUM
- ❖ DRINK 8-10 GLASS OF WATER (3-4LITERS)

#### **GURU MANN**

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