



DESIGNED & CREATED BY GURU MANN

FIT- ZONE

NUTRITION PLAN for WOMEN

NON-VEG PLAN BASED ON EVENING WORKOUT

TIME	WORKOUT DAYS	NON WORKOUT DAY
WAKING UP	DETOX JUICE (Twice a week)	
MEAL 1 BREAKFAST 8-9AM	SUPER OATS -1sp Protinex -1/2 cup Oats -1/3 Banana -1sp Chia Seeds -2g Cinnamon -2 Boiled Egg Whites -1 Revital for Women	SUPER OATS -1sp Protinex -1/2 cup Oats -1/2 Banana -2g Cinnamon -1 Revital for Women
MEAL 2 SNACK 11-12PM	OMELETE -3 Egg Whites -1 Orange or Pear Or Apple	BREAD OMELETE -2 Egg Whites -1 Slice Wheat Bread
MEAL 3 LUNCH 2-3PM	CHICKEN SALAD -50g Grilled or boiled Chicken -1/2 cup Cucumber -1c Green Leaves or Lettuce or Cabbage -1 large Carrot -2sp Tomato -15g Walnut -1sp Vinegar -Avocado & Broccoli (option) -Non Fat Ranch (optional)	PANEER BHURJI -50g Paneer -1 Roti - ½ Cucumber
MEAL 4 SNACK 4-5PM	BANANA PROTEIN -1 Banana -1sp Peanut Butter -1sp Peanuts -1sp Protinex	ROASTED CHANNE -1cup Dry Roasted Back Channe -2 Egg Whites
PRE W/O 6PM	PRE W/O SUPPLEMENT -1scoop Amino Energy -200ml Cold Water	

Designed & Created by Guru Mann

ISSA/ASFA/NASM/ACE Level-III CERTIFIED | Biomechanics & Kinesiology – Human Kinetic

FB: [GuruMannFitness](#) YOUTUBE: [Health and Fitness | Guru Mann Fitness](#) INSTA: [GuruMann](#)

FIT - ZONE NUTRITION

	OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk		NO WORKOUT
6:30-7:30	WORKOUT		NO WORKOUT
POST W/O 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 & 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 11PM	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	

Designed & Created by Guru Mann

ISSA/ASFA/NASM/ACE Level-III **CERTIFIED** | Biomechanics & Kinesiology – Human Kinetic

FB: [GuruMannFitness](#) **YOUTUBE:** [Health and Fitness | Guru Mann Fitness](#) **INSTA:** [GuruMann](#)

FIT - ZONE NUTRITION

NON-VEG PLAN BASED ON MORNING WORKOUT

TIME	WORKOUT DAYS	NON WORKOUT DAY
------	--------------	-----------------

WAKING UP 6:30AM	DETOX JUICE (Twice a week)	
PRE W/O 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
POST W/O 8:30AM	POST W/O DRINK -3 Boiled Egg Whites -240ml Non fat milk	NO WORKOUT

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

Designed & Created by Guru Mann

ISSA/ASFA/NASM/ACE Level-III **CERTIFIED** | Biomechanics & Kinesiology – Human Kinetic

FB: [GuruMannFitness](#) **YOUTUBE:** [Health and Fitness | Guru Mann Fitness](#) **INSTA:** [GuruMann](#)

FIT - ZONE NUTRITION

	-1sp Protinex		
MEAL 5 DINNER 8-9PM	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 & 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	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	

Designed & Created by Guru Mann

ISSA/ASFA/NASM/ACE Level-III **CERTIFIED** | Biomechanics & Kinesiology – Human Kinetic

FB: [GuruMannFitness](#) **YOUTUBE:** [Health and Fitness | Guru Mann Fitness](#) **INSTA:** [GuruMann](#)

FIT - ZONE NUTRITION

VEG PLAN BASED ON EVENING WORKOUT

TIME	WORKOUT DAYS	NON WORKOUT DAY
------	--------------	-----------------

WAKING UP	DETOX JUICE (Twice a week)	
MEAL 1 BREAKFAST 8-9AM	SUPER OATS -1sp Protinex -1/2 cup Oats -1/3 Banana -1sp Chia Seeds -2g Cinnamon -1 Revital for Women	SUPER OATS -1sp Protinex -1/2 cup Oats -1/2 Banana -2g Cinnamon -1 Revital for Women
MEAL 2 SNACK 11-12PM	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
MEAL 3 LUNCH 2-3PM	BEAN SALAD -1/2 Kidney Beans -1cup Cucumber -1c Green Leaves or Lettuce or Cabbage -1 large Carrot -3sp Tomato -50g Paneer -20g Walnut -1sp Vinegar -Avocado & Broccoli (option)	PANEER BHURJI -50g Paneer -1 Roti -½ Cucumber
MEAL 4 SNACK 4-5PM	BANANA PROTEIN -1 Banana -1sp Peanut Butter -1sp Peanuts -1sp Protinex	ROASTED CHANNE -1cup Dry Roasted Back Channe -1cup non fat milk
MACRO'S	CAL- 315 PRO-30G CARB-30G FAT-15G	CAL- 323 PRO-22G CARB-52G FAT-4G

PRE W/O 6PM	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
POST W/O 7:30PM	POST W/O DRINK -240ml Non fat milk	NO WORKOUT	

Designed & Created by Guru Mann

ISSA/ASFA/NASM/ACE Level-III **CERTIFIED** | Biomechanics & Kinesiology – Human Kinetic

FB: [GuruMannFitness](#) **YOUTUBE:** [Health and Fitness | Guru Mann Fitness](#) **INSTA:** [GuruMann](#)

FIT - ZONE NUTRITION

MEAL 5 DINNER 8:30-9PM	VEGGIE BOWL with Soy Chunks - ½cup Brown Rice -30g Soy Chunks - ½ Chic Peas -½ Green Bell Pepper - ½cup Cauliflower -2sp Green Onion -2sp Tomato - ½ Lemon - ½ Coconut Oil -1sp Ketchup -Salt/Pepper/Garlic Power -1g Flaxseed Oil Supplement (optional)	LENTIL & RICE -½cup cooked Black Lentil -1cup low fat yogurt - ½cup Brown Rice -1g Flaxseed Oil Supplement (optional)
MEAL 6 BEFORE BED 11PM	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-1490 P-140 C-120 F-50	CAL-1530 P-101 C-205 F-34

Designed & Created by Guru Mann

ISSA/ASFA/NASM/ACE Level-III **CERTIFIED** | Biomechanics & Kinesiology – Human Kinetic

FB: [GuruMannFitness](#) **YOUTUBE:** [Health and Fitness | Guru Mann Fitness](#) **INSTA:** [GuruMann](#)

FIT - ZONE NUTRITION

VEG PLAN BASED ON MORNING WORKOUT

TIME	WORKOUT DAYS	NON WORKOUT DAY
WAKING UP 6:30AM	DETOX JUICE (Twice a week)	
PRE W/O 7AM	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
DURING W/O 7:30-9:00	WORKOUT	
POST W/O 9:00AM	POST W/O DRINK -240ml Non fat milk	NO WORKOUT
MEAL 1 BREAKFAST 10AM	SUPER OATS -1sp Protinex -1/2 cup Oats -1/3 Banana -1sp Chia Seeds -2g Cinnamon <i>-1 Revital for Women</i>	SUPER OATS -1sp Protinex -1/2 cup Oats -1/2 Banana -2g Cinnamon <i>-1 Revital for Women</i>
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
MEAL 3 LUNCH 3-4PM	BEAN SALAD -1/2 Kidney Beans -1cup Cucumber -1c Green Leaves or Lettuce or Cabbage -1 large Carrot -3sp Tomato -50g Paneer -20g Walnut -1sp Vinegar -Avocado & Broccoli (option)	PANEER BHURJI -50g Paneer -1 Roti - ½ Cucumber
MEAL 4 SNACK 5-6PM	BANANA PROTEIN -1 Banana -1sp Peanut Butter -1sp Peanuts -1sp Protinex	ROASTED CHANNE -1cup Dry Roasted Back Channe -1cup non fat milk

Designed & Created by Guru Mann

ISSA/ASFA/NASM/ACE Level-III **CERTIFIED** | Biomechanics & Kinesiology – Human Kinetic

FB: [GuruMannFitness](#) **YOUTUBE:** [Health and Fitness | Guru Mann Fitness](#) **INSTA:** [GuruMann](#)

FIT - ZONE NUTRITION

MEAL 5 DINNER 7-8PM	VEGGIE BOWL with Soy Chunks - ½cup Brown Rice -30g Soy Chunks - ½ Chic Peas -½ Green Bell Pepper - ½cup Cauliflower -2sp Green Onion -2sp Tomato - ½ Lemon - ½ Coconut Oil -1sp Ketchup -Salt/Pepper/Garlic Power -1g Flaxseed Oil Supplement (optional)	LENTIL & RICE -½cup cooked Black Lentil -1cup low fat yogurt - ½cup Brown Rice -1g Flaxseed Oil Supplement (optional)
MEAL 6 BEFORE BED 10PM	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-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 8HOURS MINIMUM
- ❖ DRINK 8-10 GLASS OF WATER (3-4LITERS)

GURU MANN

Transformation Expert
 Advanced Fitness Trainer, CERTIFIED
 Nutrition Specialist, CERTIFIED
 Strength & Conditioning Specialist, CERTIFIED
 Sports Nutritionist, CERTIFIED
 NASM-CPT/FNS
 ASFA-APT/CNC
 ISSA-CSCS/CSN
 Biomechanics / Kinesiology | Human Kinetics, Degree
 Exercise & Sports Science | Degree
 UNITES STATES.

Designed & Created by Guru Mann

ISSA/ASFA/NASM/ACE Level-III **CERTIFIED** | Biomechanics & Kinesiology – Human Kinetic
FB: [GuruMannFitness](#) **YOUTUBE:** [Health and Fitness | Guru Mann Fitness](#) **INSTA:** [GuruMann](#)