



MALE MACROS

	MACROS	<150lb	151-165lb	166-180lb	181-195lb	196lb <
WEEK 1	P-1.2g	P/C/F	P/C/F	P/C/F	P/C/F	P/C/F
	C-1.2g	168/168/70	181/181/75	199/199/83	216/216/90	235/235/98
	F-0.5g	1974 Cal	2128 Cal	2339 Cal	2538 Cal	2762 Cal
WEEK 2	P-1.2g	P/C/F	P/C/F	P/C/F	P/C/F	P/C/F
	C-1.0g	168/140/70	181/151/75	199/166/83	216/181/90	235/196/98
	F-0.5g	1862 Cal	2007 Cal	2207 Cal	2394 Cal	2606 Cal
WEEK 3	P-1.2g	P/C/F	P/C/F	P/C/F	P/C/F	P/C/F
	C-0.7g	168/98/70	181/105/75	199/116/83	216/126/90	235/137/98
	F-0.5g	1694 Cal	1825 Cal	2007 Cal	2178 Cal	2370 Cal
WEEK 4	P-1.2g	P/C/F	P/C/F	P/C/F	P/C/F	P/C/F
	C-0.3g	168/42/70	181/45/75	199/49/83	216/54/90	235/49/98
	F-0.5g	1584 Cal	1584 Cal	1742 Cal	1890 Cal	2057 Cal
WEEK 5	P-1.2g	P/C/F	P/C/F	P/C/F	P/C/F	P/C/F
	C-0g	168/0/70	181/0/75	199/0/83	216/0/90	235/0/98
	F-0.5g	1407 Cal	2339 Cal	1543 Cal	1674 Cal	1822 Cal
WEEK 6	P-1.2g	P/C/F	P/C/F	P/C/F	P/C/F	P/C/F
	C-1.2g	168/168/70	181/181/75	199/199/83	216/216/90	235/235/98
	F-0.5g	1974 Cal	2128 Cal	2339 Cal	2538 Cal	2762 Cal

FEMALE MACROS

	MACROS	<110lb	111-124lb	125-139lb	140-154lb	155lb <
WEEK 1	P-1.2g	P/C/F	P/C/F	P/C/F	P/C/F	P/C/F
	C-1.2g	126/126/52	138/138/57	150/150/62	168/168/70	186/186/77
	F-0.5g	1480 Cal	1621 Cal	1762 Cal	1974 Cal	2185 Cal
WEEK 2	P-1.2g	P/C/F	P/C/F	P/C/F	P/C/F	P/C/F
	C-1.0g	126/105/52	138/115/64	150/125/62	168/140/70	186/155/77
	F-0.5g	1396 Cal	1529 Cal	1662 Cal	1862 Cal	2061 Cal
WEEK 3	P-1.2g	P/C/F	P/C/F	P/C/F	P/C/F	P/C/F
	C-0.7g	126/73/52	138/80/57	150/87/62	168/98/70	186/108/77
	F-0.5g	1270 Cal	1391 Cal	1512 Cal	1694 Cal	1875 Cal
WEEK 4	P-1.2g	P/C/F	P/C/F	P/C/F	P/C/F	P/C/F
	C-0.3g	126/31/52	138/34/57	150/37/62	168/42/70	186/46/77
	F-0.5g	1102 Cal	1207 Cal	1312 Cal	1470 Cal	1627 Cal
WEEK 5	P-1.2g	P/C/F	P/C/F	P/C/F	P/C/F	P/C/F
	C-0g	126/0/52	138/0/57	150/0/62	168/0/70	186/0/77
	F-0.5g	976 Cal	1162 Cal	1162 Cal	1301 Cal	1441 Cal
WEEK 6	P-1.2g	P/C/F	P/C/F	P/C/F	P/C/F	P/C/F
	C-1.2g	126/126/52	138/138/57	150/150/62	168/168/70	186/186/77
	F-0.5g	1480 Cal	1621 Cal	1762 Cal	1974 Cal	2185 Cal

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EXAMPLE: MALE 181LBS – 2538 CALORIES

TIME	NON-VEG	VEG
UPON WALKING UP	GREEN TEA EXTRACT - 500mg with 1 glass of water	GREEN TEA EXTRACT - 500mg with 1 glass of water
BREAKFAST 8-9AM	PROTEIN PANCAKE -1 Whole Egg -2/3 Whey Protein -1sp Chia Seed -1/4 cup Oats -1/3 Banana -2pinch Cinnamon	PROTEIN PANCAKE -3-5sp Milk -2/3 Whey Protein -2sp Chia Seed -1/4 cup Oats -1/3 Banana -2pinch Cinnamon
SNACK 10-11AM	EGGS & NUTS -7 Egg Whites -1 Apple -28g Almonds (20-22pieces)	EGGS & NUTS -300ml Non fat Milk -1 Apple -28g Almonds (20-22pieces)
30min BEFORE LUNCH	GREEN TEA EXTRACT - 500mg with 1 glass of water	GREEN TEA EXTRACT - 500mg with 1 glass of water
LUNCH 1-2PM	BROCCOLI BEAN SALAD -100g Grilled Chicken -1/2 cup Black Kidney Beans -1/2 cup Lettuce -1/2 cup Broccoli (or Cauliflower) -2sp Onion -2sp Tomato -2/3sp Olive Oil -1/2 Lemon	BROCCOLI BEAN SALAD -50g Paneer or Soy Chunk -1/2 cup Black Kidney Beans -1/2 cup Lettuce -1/2 cup Broccoli (or Cauliflower) -2sp Onion -2sp Tomato -2/3sp Olive Oil -1/2 Lemon
SNACK 3-4PM	PROTEIN YOGURT -1 cup Low Fat Yogurt -2/3 Scoop Whey -1/2 Pear/Apple -26g Peanuts	PROTEIN YOGURT -1 cup Low Fat Yogurt -2/3 Scoop Whey -1/2 Pear/Apple -26g Peanuts
PRE W/O 5PM	PRE W/O SUPPLEMENT -1scoop C4 or Amino energy -200ml Cold Water +500mg GTE OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water	PRE W/O SUPPLEMENT -1scoop C4 or Amino energy -200ml Cold Water+500mg GTE OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water
WORKOUT		
POST W/O 6-7PM	POST W/O SUPPLEMENT -1-2scoop Whey Protein+ 5g Glutamine -300ml Cold Water -1 cup Grapes OR POST W/O WITHOUT SUPPLEMENT -6 Boiled Egg Whites -1 cup Grapes	POST W/O SUPPLEMENT -1-2scoop Whey Protein+ 5g Glutamine -300ml Cold Water -1 cup Grapes OR POST W/O WITHOUT SUPPLEMENT -1cup Milk + 2sp Protinex -1 cup Grapes

DINNER 8-9PM	PINEAPPLE RICE -80g Grilled Chicken Breast -1/2 cup Brown Rice -2sp Onions -2sp Tomato -1 slice Pineapple -1sp Ketchup -Salt/Pepper/Garlic Power -1/2 Lemon	PINEAPPLE RICE -50g Paneer -1/2 cup Brown Rice -2sp Onions -2sp Tomato -1 slice Pineapple -1sp Ketchup -Salt/Pepper/Garlic Power -1/2 Lemon
BEFORE BED 10-11PM	PROTEIN MILK -1cup(240ml) Low Fat Milk -1/2 Casein or Whey -18 Almonds (crushed)	PROTEIN MILK -1cup(240ml) Low Fat Milk -1/2 Casein or Whey -18 Almonds (crushed)
TOTAL	CAL - 2538 Pro - 216g Carbs - 216g Fat - 90g	

EXAMPLE: FEMALE 125LBS - 1762 CALORIES

TIME	NON-VEG	VEG
UPON WALKING UP	GREEN TEA EXTRACT - 500mg with 1 glass of water	GREEN TEA EXTRACT - 500mg with 1 glass of water
BREAKFAST 8-9AM	PROTEIN PANCAKE -1 Whole Egg -1/3 Whey Protein -1sp Chia Seed -1/8 cup Oats -1/4 Banana -2pinch Cinnamon	PROTEIN PANCAKE -3sp Milk -1/3 Whey Protein -2sp Chia Seed -1/8 cup Oats -1/4 Banana -2pinch Cinnamon
SNACK 10-11AM	EGGS & NUTS -4 Egg Whites -1/2 Apple -18g Almonds (12pieces)	MILK & NUTS -240ml Milk -1/2 Apple -18g Almonds (12pieces)
30min BEFORE LUNCH	GREEN TEA EXTRACT - 500mg with 1 glass of water	GREEN TEA EXTRACT - 500mg with 1 glass of water
LUNCH 1-2PM	BROCCOLI BEAN SALAD -50g Grilled Chicken -1/3 cup Black Kidney Beans -1/2 cup Lettuce -1/2 cup Broccoli (or Cauliflower) -2sp Onion -2sp Tomato -2/3sp Olive Oil -1/2 Lemon	BROCCOLI BEAN SALAD -50g Paneer or Soy Chunk -1/3 cup Black Kidney Beans -1/2 cup Lettuce -1/2 cup Broccoli (or Cauliflower) -2sp Onion -2sp Tomato -2/3sp Olive Oil -1/2 Lemon
SNACK 3-4PM	PROTEIN YOGURT	PROTEIN YOGURT

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	-1 cup Low Fat Yogurt -1/3 Scoop Whey -1/2 Pear/Apple -18g Peanuts	-1 cup Low Fat Yogurt -1/3 Scoop Whey -1/2 Pear/Apple -18g Peanuts
PRE W/O 5PM	PRE W/O SUPPLEMENT -1scoop Amino energy -200ml Cold Water -500mg Green Tea Extract OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water	PRE W/O SUPPLEMENT -1scoop Amino energy -200ml Cold Water -500mg Green Tea Extract OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water
WORKOUT		
POST W/O 6-7PM	POST W/O SUPPLEMENT -1scoop Whey Protein+ 5g Glutamine -300ml Cold Water -1 cup Grapes OR POST W/O WITHOUT SUPPLEMENT -5 Boiled Egg Whites -1 cup Grapes	POST W/O SUPPLEMENT -1scoop Whey Protein+ 5g Glutamine -300ml Cold Water -1 cup Grapes OR POST W/O WITHOUT SUPPLEMENT -240ml Non Fat Milk - 2sp Sugar Free Protinex -1 cup Grapes
DINNER 8-9PM	PINEAPPLE RICE -60g Grilled Chicken Breast -2/3 cup Brown Rice -2sp Onions -2sp Tomato -1/2 slice Pineapple -1sp Ketchup -Salt/Pepper/Garlic Power -1/2 Lemon	PINEAPPLE RICE -80g Paneer -2/3 cup Brown Rice -2sp Onions -2sp Tomato -1/2 slice Pineapple -1sp Ketchup -Salt/Pepper/Garlic Power -1/2 Lemon
BEFORE BED 10-11PM	PROTEIN MILK -2/3cup(200ml) Low Fat Warm Milk -1/3 Casein or Whey -10 Almonds (crushed)	PROTEIN MILK -2/3cup(200ml) Low Fat Warm Milk -1/3 Casein or Whey -10 Almonds (crushed)
TOTAL	CAL - 1762 Pro - 150g Carbs - 150g Fat - 62g	

IMPORTANT INFO

1. This is Veg/Non Veg Nutrition Plan for both Men & women.
2. Above nutrition plan is based on 181 pound for Men and 125 pound for Women.
3. Pick your weight and take the calories accordingly.
4. Lower your carbs every week.

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5. Week 5 will be zero carbs day, means no rice, no oats, no grapes.
6. You can add White fish once or twice a week at lunch or dinner.
7. You can have flaxseed instead of chia seed if needed.
8. You can replace Almonds with walnuts in meal 6.
9. Drink 4 liters of water a day.
10. Add orange in snack if needed.
11. Sleep 8 hours.
12. Take your picture every week with measurements.

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