

GROCERY LIST

#	GRAINS/DAIRY/POULTRY	#	VEGETABLES/FRUITS
1	Brown Rice	1	Cauliflower
2	Oats	2	Spinach
3	Almonds	3	Carrots
4	Peanuts	4	Beets
5	Roasted Chickpeas	5	Green Beans
6	Beans	6	Lettuce
7	Lentils	7	Bell Pepper
8	Milk	8	Broccoli
9	Paneer	9	Sweet Potatoes
10	Tofu	10	Peas
11	Chicken	11	Apple
12	Eggs	12	Pear
13	Flaxseeds	13	Banana
14	Soy Chunks	14	Grapes/Pineapple

#	SUPPLEMENTS
1	Protinex (or Whey Protein)
2	Multivitamins

GAP BETWEEN 1 TO 3 MONTH

NUTRITION PLAN

FAT LOSS/WEIGHT LOSS	MUSCLE GAIN/WEIGHT GAIN
Follow <ul style="list-style-type: none"> • Muscular 8 Nutrition Plan • Or Shredded next Level • Or Muscle Mode Nutrition Plan 	Follow <ul style="list-style-type: none"> • Pure Mass Nutrition Plan • Or Mass Up Nutrition Plan • Or Lean Mode

WORKOUT PLAN

FAT LOSS/WEIGHT LOSS	MUSCLE GAIN/WEIGHT GAIN
- Do 1 week Mix workout - Hit All the muscles twice a week - Train 6 days on first week - After a week follow either: <ul style="list-style-type: none"> • Muscular 8 • Shredded next Level • Muscle Mode 	- Do 1 week Mix workout - Hit All the muscles twice a week - Train 6 days on first week - After a week follow either: <ul style="list-style-type: none"> • Pure Mass • Mass Up • Lean Mode

GAP BETWEEN 6 TO 12 MONTH

NUTRITION PLAN	
FAT LOSS/WEIGHT LOSS	MUSCLE GAIN/WEIGHT GAIN
Follow <ul style="list-style-type: none">• Muscular 8 Nutrition Plan• Or Shredded next Level• Or Muscle Mode Nutrition Plan	Follow <ul style="list-style-type: none">• Pure Mass Nutrition Plan• Or Mass Up Nutrition Plan• Or Lean Mode
WORKOUT PLAN	
FAT LOSS/WEIGHT LOSS	MUSCLE GAIN/WEIGHT GAIN
- Do 3-4 weeks Mix workout - Hit All the muscles twice a week - Train 6 days on first week - Use Light Weight - Increase 10% weight every week - Do stretching on regular basis - Do cardio on regular basis - After a 3-4 week follow either: <ul style="list-style-type: none">• Muscular 8• Shredded next Level• Muscle Mode	- Do 3-4 weeks Mix workout - Hit All the muscles twice a week - Train 5 days on first few weeks - Use Light Weight - Increase 10-15% weight every week - Do stretching few times a week - Do cardio 3 times a week - After a 3-4 week follow either: <ul style="list-style-type: none">• Pure Mass• Mass Up• Lean Mode