HOME GAINS

HOME WORKOUT PROGRAM

BY GURU MANN

NUTRITION PLAN

Before starting a HOME GAINS program, your first step is to calculate your daily calories requirement. Everybody's height/weight/age is different so they need different calories. Follow the 3 steps below to find out your caloric intake to gain muscle.

STEP 1: CALCULATE THE BMR
Use Online BMR calculator or BMR Mobile App.
Enter Height/Weight/Age including Moderate Active (5 days a week)
Lets assume your BMR came 1600.

STEP 2: CACULATE THE MAINTENANCE CALORIES
[FORMULA: BMR x 1.5]
1600 x 1.5 = 2400 calories
So maintenance calories is 2400

STEP 3: ADD EXTRA CALORIES FOR WEIGHT GAIN
If you want to gain **1lbs** per week then add 500 calories
2400 + 500 = 2900
If you want to gain **2lbs** per week then add 1000 calories
2400 + 1000 = 3400

STEP 3: REDUCE EXTRA CALORIES FOR WEIGHT LOSS
If you want to gain **1lbs** per week then add 500 calories
2400 - 500 = 1900
If you want to gain **1.5lbs** per week then add 1000 calories
2400 - 800 = 1600

WEIGHT GAIN DIET PLAN

MEAL 1 – Breakfast (9 AM)

Workout Days
OAT MEAL
• 1 cup Oats
• 1 Banana
• 28gram Almonds
• 1sp Honey (optional)
• Pinch Cinnamon
• 240ml Yogurt (Curd)
Calories 524 – Pro-22g, Carb-90g, Fat-17g

MEAL 2 – Snack (12 AM)

Workout Days
PEANUT BUTTER TOAST
4 Multigrain Bread Toast
1sp Peanut Butter
250ml Non Fat Milk
Calories 457 – Pro-22g, Carb-75g, Fat-15g

MEAL 3 – Lunch (3 PM)

Workout Days
RICE BEANS
½ cup Brown Rice
1 cup Kidney Beans
1sp Olive Oil or Coconut Oil or Ghee
½ plate Mixed Salad
Calories 506 – Pro-21g, Carb-68g, Fat-18g

Pre-Workout (5-6 PM)

Workout Days
2 Teaspoon Coffee **(Caffeine 200mg)**
200ml Water
2sp Milk (optional)

Post-Workout (7-8 PM)

| Workout Days |
|---|
| 1scoop Whey or 5 Egg whites or 250ml Milk |
| 2 Banana or 2 Bread slice with jam or Honey |
| *Calories 348 – Pro-30g, Carb-65g, Fat-0g* |

MEAL 5 – Dinner (9-10 PM)

Workout Days
DAL ROTI
2 Roti
1 cup Dal (Green or Yellow or Brown or Black)
1cup Yogurt
Calories 470 – Pro-25g, Carb-90g, Fat-15g

MEAL 6 – Snack (11-11:30 PM)

Workout Days
PROTEIN
100g Paneer or 1sp Whey or 1sp casein
20g Peanuts or Walnuts or Almonds
Calories 254 – Pro-20g, Carb-7g, Fat-17g

CALORIES: 2900 | PROTEIN: 145g | CARBS: 400g | FAT: 82g

MacroNutrients

- Carbs
- Protein
- Fat
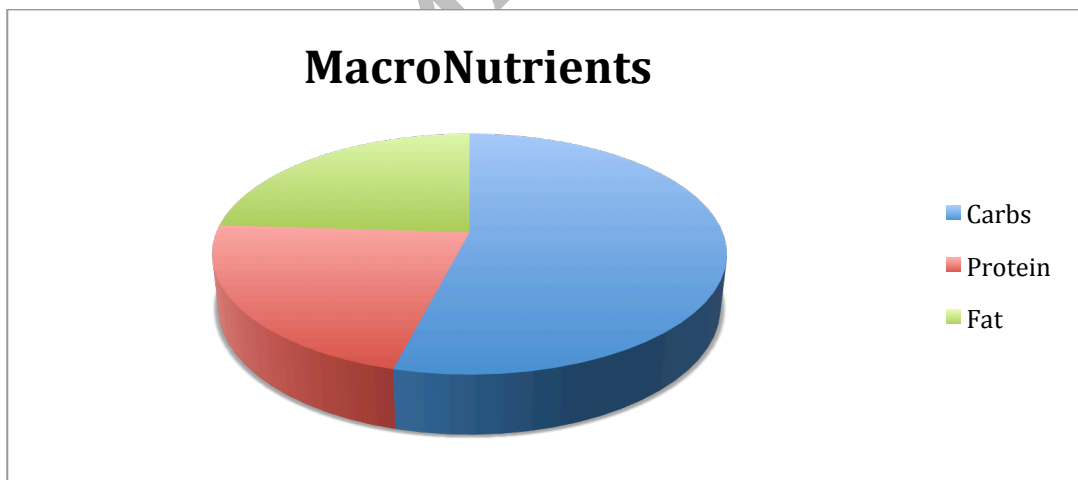
NOTE: YOU CAN ADJUST YOUR MACROS ACCORDING TO YOUR HEIGHT/WEIGHT.

WEIGHT LOSS DIET PLAN

WAKING UP	**Green Tea**
MEAL 1 **BREAKFAST** 8-9AM	**SUPER OATS** -1sp Whey or Egg Whites -1/2 cup Oats -1/2 Banana -1sp Chia Seeds -2g Cinnamon -1 Multivitamins (Optional)
MACRO'S	**CAL- 330 PRO-30G CARB-30G FAT-10G**
MEAL 2 **SNACK** 11-12PM	**PROTEIN DRINK** -1so Whey or Egg Whites -1 Orange or Pear Or Apple
MACRO'S	**CAL- 240 PRO-25G CARB-15G FAT-0G**
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
MACRO'S	**CAL- 315 PRO-30G CARB-15G FAT-15G**
MEAL 4 **SNACK** 4-5PM	**BANANA PROTEIN** -1 Banana -1sp Peanut Butter -1sp Peanuts -1sp Whey (or 2sp Proteinx)
MACRO'S	**CAL- 315 PRO-30G CARB-30G FAT-15G**

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
POST	**POST W/O SUPPLEMENT**

W/O 7:30PM	-1-2scoop Whey Protein -240ml cold water or 1sp(200ml) Gatorade **OR** **POST W/O WITHOUT SUPPLEMENT** -2sp Sugar Free Protinex -240ml Non fat milk or 5 Egg Whites	
MACRO'S	**CAL- 136 PRO-34G CARB-0G FAT-0G**	
MEAL 5 **DINNER** 8:30-9PM	**VEGGIE BOWL with Soy Chunks** - ½cup Brown Rice -50g Soy Chunks - ½ Chic Peas -½ Green Bell Pepper - ½cup Cauliflower -3sp Green Onion -3sp Tomato - ½ Lemon - ½ Coconut Oil -1sp Ketchup -Salt/Pepper/Garlic Power	
MACRO'S	**CAL- 315 PRO-30G CARB-30G FAT-15G**	
MEAL 6 **BEFORE BED** 11PM	**CASEIN MILK PROTEIN** -2/3sp Casein or Whey or Protienx -240ml Soy Milk (or non fat milk) -2sp Ground Flaxseeds (or 20g Peanuts) -Pinch Cinnamon	
MACRO'S	**CAL- 355 PRO-24G CARB-7G FAT-15G**	
TOTAL	**CAL-1950 / P-203 / C-127 / F-70**	