



# MEAL PLAN BASED ON INDIVIDUAL'S JOB SHIFT

## MORNING SHIFT MEAL PLAN

GURU MANN FITNESS INC.

THIS PLAN IS BASED ON THE **SLEEP TIMING** 11PM TO 7AM  
**JOB SHIFT** 8AM TO 5PM  
**EVENING WORKOUT** 6PM TO 7PM

### MUSCLE BUILDING GOAL

(Follow any of the program: Pure Mass, Mass Up, Muscle Size 5x5, Size 8, barbell 55, etc)

MEALS	TIMING
MEAL 1	8:00 AM
MEAL 2	11:00 AM
MEAL 3	1:30 PM
MEAL 4	4:00 PM
PRE WORKOUT	5:30 PM
WORKOUT	6:00- 7:00 PM
POST WORKOUT	7:00 PM
MEAL 5	8:00 PM
MEAL 6	10:30 PM

### FAT LOSS GOAL

(Follow any of the program: 6 Week Shredded, Shredded Next Level, Muscular 8, muscle Mode, MuscleMann, etc)

MEALS	TIMING
MEAL 1	8:00 AM
MEAL 2	11:00 AM
MEAL 3	1:30 PM
MEAL 4	4:00 PM
PRE WORKOUT	5:30 PM
WORKOUT	6:00- 7:00 PM
POST WORKOUT	7:00 PM
MEAL 5	8:00 PM
MEAL 6	10:30 PM

**NOTE:** If you wake up at 6am then you can have Meal 1 at 7am. Take every meal in 2.5 to 3 hrs of gap.

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## AFTERNOON SHIFT MEAL PLAN

THIS PLAN IS BASED ON THE **SLEEP TIMING** 12AM TO 8AM

**JOB SHIFT** 1PM TO 9PM

**MORNING WORKOUT** 11AM TO 12PM

### MUSCLE BUILDING GOAL

(Follow any of the program: Pure Mass, Mass Up, Muscle Size 5x5, Size 8, barbell 55, etc)

MEALS	TIMING
MEAL 1	9:00 AM
PRE WORKOUT	10:30 PM
WORKOUT	11:00 - 12:00 PM
POST WORKOUT	12:00 PM
MEAL 2	1:00 PM
MEAL 3	3:30 PM
MEAL 4	5:30 PM
MEAL 5	8:00 PM
MEAL 6	10:30 PM

### FAT LOSS GOAL

(Follow any of the program: 6 Week Shredded, Shredded Next Level, Muscular 8, muscle Mode, MuscleMann, etc)

MEALS	TIMING
MEAL 1	9:00 AM
PRE WORKOUT	10:30 PM
WORKOUT	11:00 - 12:00 PM
POST WORKOUT	12:00 PM
MEAL 2	1:00 PM
MEAL 3	3:30 PM
MEAL 4	5:30 PM
MEAL 5	8:00 PM
MEAL 6	10:30 PM

**NOTE:** If you wake up at 9am then you can have Meal 1 at 10am. Take every meal in 2.5 to 3 hrs of gap.



## EVENING SHIFT MEAL PLAN

THIS PLAN IS BASED ON THE SLEEP TIMING 3-4AM TO 11AM

**JOB SHIFT** 4PM TO 12PM

**AFTERNOON WORKOUT** 1PM TO 2PM

### MUSCLE BUILDING GOAL

(Follow any of the program: Pure Mass, Mass Up, Muscle Size 5x5, Size 8, barbell 55, etc)

MEALS	TIMING
MEAL 1	11:30 AM
PRE WORKOUT	12:30 PM
WORKOUT	1:00 - 1:00 PM
POST WORKOUT	2:00 PM
MEAL 2	3:00 PM
MEAL 3	5:30 PM
MEAL 4	8:30 PM
MEAL 5	11:00 PM
MEAL 6	1:30 AM

### FAT LOSS GOAL

(Follow any of the program: 6 Week Shredded, Shredded Next Level, Muscular 8, muscle Mode, MuscleMann, etc)

MEALS	TIMING
MEAL 1	11:30 AM
PRE WORKOUT	12:30 PM
WORKOUT	1:00 - 1:00 PM
POST WORKOUT	2:00 PM
MEAL 2	3:00 PM
MEAL 3	5:30 PM
MEAL 4	8:30 PM
MEAL 5	11:00 PM
MEAL 6	1:30 AM

**NOTE:** If you wake up at 12pm then you can have Meal 1 at 12:30pm. Take every meal in 2.5 to 3 hrs of gap.



## NIGHT SHIFT MEAL PLAN

THIS PLAN IS BASED ON THE SLEEP TIMING 6-7AM TO 3-4PM

**JOB SHIFT** 7PM TO 6AM

**EVENING WORKOUT** 5PM TO 6PM

### MUSCLE BUILDING GOAL

(Follow any of the program: Pure Mass, Mass Up, Muscle Size 5x5, Size 8, barbell 55, etc)

MEALS	TIMING
MEAL 1	3:30 PM
PRE WORKOUT	4:30 PM
WORKOUT	5:00 - 6:00 PM
POST WORKOUT	6:00 PM
MEAL 2	8:30 PM
MEAL 3	11:00 PM
MEAL 4	2:00 AM
MEAL 5	4:00 AM
MEAL 6	6:30 AM

### FAT LOSS GOAL

(Follow any of the program: 6 Week Shredded, Shredded Next Level, Muscular 8, muscle Mode, MuscleMann, etc)

MEALS	TIMING
MEAL 1	3:30 PM
PRE WORKOUT	4:30 PM
WORKOUT	5:00 - 6:00 PM
POST WORKOUT	6:00 PM
MEAL 2	8:30 PM
MEAL 3	11:00 PM
MEAL 4	2:00 AM
MEAL 5	4:00 AM
MEAL 6	6:30 AM

**NOTE:** If you wake up at 2pm then you can have Meal 1 at 2:30pm. Take every meal in 2.5 to 3 hrs of gap.