

GULSHAN KUMAR // presents

8 WEEK FAT MELTING PROGRAM

LEAN MODE

5-10-20

STRENGTH & ENDURANCE

GURU MANN

PERSONAL TRAINER & NUTRITIONIST
NASM / ISSA / ACEU / LEVEL III CERTIFIED

DESIGNED & CREATED BY GURU MANN

NUTRITION PLAN // EVENING WORKOUT

NON-VEG

TIME	WORKOUT DAYS & NON WORKOUT DAY NUTRITION	MACRO BREAKDOWN
MEAL 1		
BREAKFAST 8-9AM	PROTEIN SMOOTHIE -2/3sp Whey -1/2 cup Oats -1 Banana -1sp Peanut Butter -240ml non fat milk -2g Cinnamon	CAL - 410 CARBS - 50g PRO - 30g FAT - 10g
MEAL 2		
SNACK 11-12PM	SPINACH OMELETTE -1 Whole Egg -5 Egg Whites -3 slice whole wheat bread -2 Handful Spinach -1 Orange	CAL - 410 CARBS - 50g PRO - 30g FAT - 10g
MEAL 3		
LUNCH 2-3PM	POTATO BEAN BOWL -100g Grilled Chicken -1/2 cup Black Kidney Beans or Red Kidney Beans -1/2 cup White Chickpeas -100g Sweet Potato -1/2 Green Bell Pepper -1/2sp Olive oil -3sp Onion -3sp Tomato -1/2 Lemon	CAL - 410 CARBS - 50g PRO - 30g FAT - 10g
MEAL 4		
SNACK 4-5PM	MULTI GRAIN MEAL -1/8cup Oats -1/8cup Quinoa -1/8cup Millet -1/8cup Amarathan -1/2sp Whey -1sp Peanuts + 1/2 Apple	CAL - 410 CARBS - 50g PRO - 30g FAT - 10g

Designed & Created by Guru Mann || Advanced Fitness Trainer & Sports Nutritionist **CERTIFIED**
Strength & Conditioning Specialist / Nutritionist Specialist **CERTIFIED** - California, United States

PRE W/O 6PM	PRE W/O SUPPLEMENT -1scoop C4 or Amino Energy or Assault or 1.M.R or No Xplode -200ml Cold Water OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk
6:30-7:30	WORKOUT

POST W/O 7:30PM	POST W/O SUPPLEMENT -1-2scoop Whey Protein -5g BCAA -240ml Gatorade -1 Banana -1sp Honey OR POST W/O WITHOUT SUPPLEMENT -6 Boiled Egg Whites -240ml Non fat milk -1 Banana -1sp Honey	CAL - 400 CARBS - 70g PRO - 30g FAT - 0g
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MEAL 5

DINNER 8:30-9PM	BOILED EGG SABJI -2 Whole Eggs (boiled) -3 Egg Whites (boiled) -½ Green Bell Pepper -3sp Red Onions -3sp Green Onion -3sp Tomato -2 Thin Chapatti -1sp Ketchup -Salt/Pepper/Garlic Power	CAL - 410 CARBS - 50g PRO - 30g FAT - 10g
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MEAL 6

BEFORE BED 11PM	PROTEIN PAN CAKE -1 Whole Egg -1/2 Banana -1sp Chia Seeds or Flaxseeds -Pinch Cinnamon -1sp Casein Protein (or Whey) -1sp Almond butter or Peanut butter	CAL - 375 CARBS - 30g PRO - 30g FAT - 15g
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Calories - 2825 Protein - 210g Carbs - 350g Fat - 65g

NUTRITION PLAN // MORNING WORKOUT

NON-VEG

TIME	WORKOUT DAYS & NON WORKOUT DAY NUTRITION	MACRO BREAKDOWN
MEAL 1		
BREAKFAST 6AM	PROTEIN SMOOTHIE -2/3sp Whey -1/2 cup Oats -1 Banana -1sp Peanut Butter -240ml non fat milk -2g Cinnamon	CAL - 410 CARBS - 50g PRO - 30g FAT - 10g
PRE W/O 7:30AM	PRE W/O SUPPLEMENT -1scoop C4 or Amino Energy or Assault or 1.M.R or No Xplode -200ml Cold Water OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk	
8:00-9:00	WORKOUT	
POST W/O 9:15AM	POST W/O SUPPLEMENT -1-2scoop Whey Protein -5g BCAA -240ml Gatorade -1 Banana -1sp Honey OR POST W/O WITHOUT SUPPLEMENT -6 Boiled Egg Whites -240ml Non fat milk -1 Banana -1sp Honey	CAL - 400 CARBS - 70g PRO - 30g FAT - 0g
MEAL 2		
SNACK 10-11AM	SPINACH OMELETE -1 Whole Egg -5 Egg Whites -3 slice whole wheat bread -2 Handful Spinach -1 Orange	CAL - 410 CARBS - 50g PRO - 30g FAT - 10g
MEAL 3		
LUNCH 1-2PM	POTATO BEAN BOWL -100g Grilled Chicken -1/2 cup Black Kidney Beans or Red Kidney Beans	CAL - 410 CARBS - 50g

	<ul style="list-style-type: none"> -1/2 cup White Chickpeas -100g Sweet Potato -1/2 Green Bell Pepper -1/2sp Olive oil -3sp Onion -3sp Tomato -1/2 Lemon 	PRO - 30g FAT - 10g
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MEAL 4

SNACK 4:30PM	MULTI GRAIN MEAL <ul style="list-style-type: none"> -1/8cup Oats -1/8cup Quinoa -1/8cup Millet -1/8cup Amarathan -1/2sp Whey -1sp Peanuts + ½ Apple 	CAL - 410 CARBS - 50g PRO - 30g FAT - 10g
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MEAL 5

DINNER 7-8PM	BOILED EGG SABJI <ul style="list-style-type: none"> -2 Whole Eggs (boiled) -3 Egg Whites (boiled) -½ Green Bell Pepper -3sp Red Onions -3sp Green Onion -3sp Tomato -2 Thin Chapatti -1sp Ketchup -Salt/Pepper/Garlic Power 	CAL - 410 CARBS - 50g PRO - 30g FAT - 10g
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MEAL 6

BEFORE BED 10PM	PROTEIN PAN CAKE <ul style="list-style-type: none"> -1 Whole Egg -1/2 Banana -1sp Chia Seeds or Flaxseeds -Pinch Cinnamon -1sp Casein Protein (or Whey) -1sp Almond butter or Peanut butter 	CAL - 375 CARBS - 30g PRO - 30g FAT - 15g
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Calories - 2825 Protein - 210g Carbs - 350g Fat - 65g

VEG PLAN BASED ON EVENING WORKOUT

TIME	WORKOUT DAYS & NON WORKOUT DAY NUTRITION	MACRO BREAKDOWN
MEAL 1		
BREAKFAST 8-9AM	PROTEIN SMOOTHIE -2/3sp Whey -1/2 cup Oats -1 Banana -1sp Peanut Butter -240ml non fat milk -2g Cinnamon	CAL - 410 CARBS - 50g PRO - 30g FAT - 10g
MEAL 2		
SNACK 11-12PM	MILK & BREAD -240ml non fat milk (mix 1sp Protinex) -3 slice whole wheat bread -1sp Peanut Butter -1 Orange	CAL - 410 CARBS - 52g PRO - 28g FAT - 10g
MEAL 3		
LUNCH 2-3PM	POTATO BEAN BOWL -50g Soy Chunks -1/2 cup Black Kidney Beans or Red Kidney Beans -1/2 cup White Chickpeas -100g Sweet Potato -1/2 Green Bell Pepper -1/2sp Olive oil -3sp Onion -3sp Tomato -1/2 Lemon	CAL - 410 CARBS - 50g PRO - 30g FAT - 10g
MEAL 4		
SNACK 4-5PM	MULTI GRAIN MEAL -1/8cup Oats -1/8cup Quinoa -1/8cup Millet -1/8cup Amaranth -1/2sp Whey -1sp Peanuts + 1/2 Apple	CAL - 410 CARBS - 50g PRO - 30g FAT - 10g
PRE W/O 6PM	PRE W/O SUPPLEMENT -1scoop C4 or Amino Energy or Assault or 1.M.R or No Xplode -200ml Cold Water OR PRE W/O WITHOUT SUPPLEMENT -1/2tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk	
6:30-7:30	WORKOUT	

POST W/O 7:30PM	POST W/O SUPPLEMENT	CAL - 400 CARBS - 70g PRO - 30g FAT - 0g
	-1-2scoop Whey Protein -5g BCAA -240ml Gatorade -1 Banana -1sp Honey	
	OR	
	POST W/O WITHOUT SUPPLEMENT	
	-240ml Non fat milk -1 Banana -1sp Honey	

MEAL 5

DINNER 8:30-9PM	PANEER SABJI	CAL - 410 CARBS - 55g PRO - 25g FAT - 10g
	-100g Paneer - ½ green peas -½ Green Bell Pepper -3sp Red Onions -3sp Green Onion -3sp Tomato -2 Thin Chapatti -1sp Ketchup -Salt/Pepper/Garlic Power	

MEAL 6

BEFORE BED 11PM	PROTEIN PAN CAKE	CAL - 375 CARBS - 30g PRO - 30g FAT - 15g
	-1/2 Banana -1sp Chia Seeds or Flaxseeds -Pinch Cinnamon -1sp Casein Protein (or Whey) -2sp Almond butter or Peanut butter	

Calories - 2825 Protein - 210g Carbs - 350g Fat - 65g

VEG PLAN BASED ON MORNING WORKOUT

TIME	WORKOUT DAYS & NON WORKOUT DAY NUTRITION	MACRO BREAKDOWN
MEAL 1		
BREAKFAST 6AM	PROTEIN SMOOTHIE -2/3sp Whey -1/2 cup Oats -1 Banana -1sp Peanut Butter -240ml non fat milk -2g Cinnamon	CAL - 410 CARBS - 50g PRO - 30g FAT - 10g
PRE W/O 7:30AM	PRE W/O SUPPLEMENT -1scoop C4 or Amino Energy or Assault or 1.M.R or No Xplode -200ml Cold Water OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk	
8:00-9:00	WORKOUT	
POST W/O 9:15AM	POST W/O SUPPLEMENT -1-2scoop Whey Protein -5g BCAA -240ml Gatorade -1 Banana -1sp Honey OR POST W/O WITHOUT SUPPLEMENT -240ml Non fat milk -1 Banana -1sp Honey	CAL - 400 CARBS - 70g PRO - 30g FAT - 0g
MEAL 2		
SNACK 10-11AM	MILK & BREAD -240ml non fat milk (mix 1sp Protinex) -3 slice whole wheat bread -1sp Peanut Butter -1 Orange	CAL - 410 CARBS - 52g PRO - 28g FAT - 10g
MEAL 3		
LUNCH 1-2PM	POTATO BEAN BOWL -50g Soy Chunks -1/2 cup Black Kidney Beans or Red Kidney Beans -1/2 cup White Chickpeas -100g Sweet Potato -1/2 Green Bell Pepper	CAL - 410 CARBS - 50g PRO - 30g FAT - 10g

	-1/2sp Olive oil -3sp Onion -3sp Tomato -1/2 Lemon	
MEAL 4		
SNACK 4:30PM	MULTI GRAIN MEAL -1/8cup Oats -1/8cup Quinoa -1/8cup Millet -1/8cup Amaranth -1/2sp Whey -1sp Peanuts + ½ Apple	CAL - 410 CARBS - 50g PRO - 30g FAT - 10g
MEAL 5		
DINNER 7-8PM	PANEER SABJI -100g Paneer - ½ green peas -½ Green Bell Pepper -3sp Red Onions -3sp Green Onion -3sp Tomato -2 Thin Chapatti -1sp Ketchup -Salt/Pepper/Garlic Power	CAL - 410 CARBS - 55g PRO - 25g FAT - 10g
MEAL 6		
BEFORE BED 10PM	PROTEIN PAN CAKE -1/2 Banana -1sp Chia Seeds or Flaxseeds -Pinch Cinnamon -1sp Casein Protein (or Whey) -2sp Almond butter or Peanut butter	CAL - 375 CARBS - 30g PRO - 30g FAT - 15g
Calories - 2825 Protein - 210g Carbs - 350g Fat - 65g		