

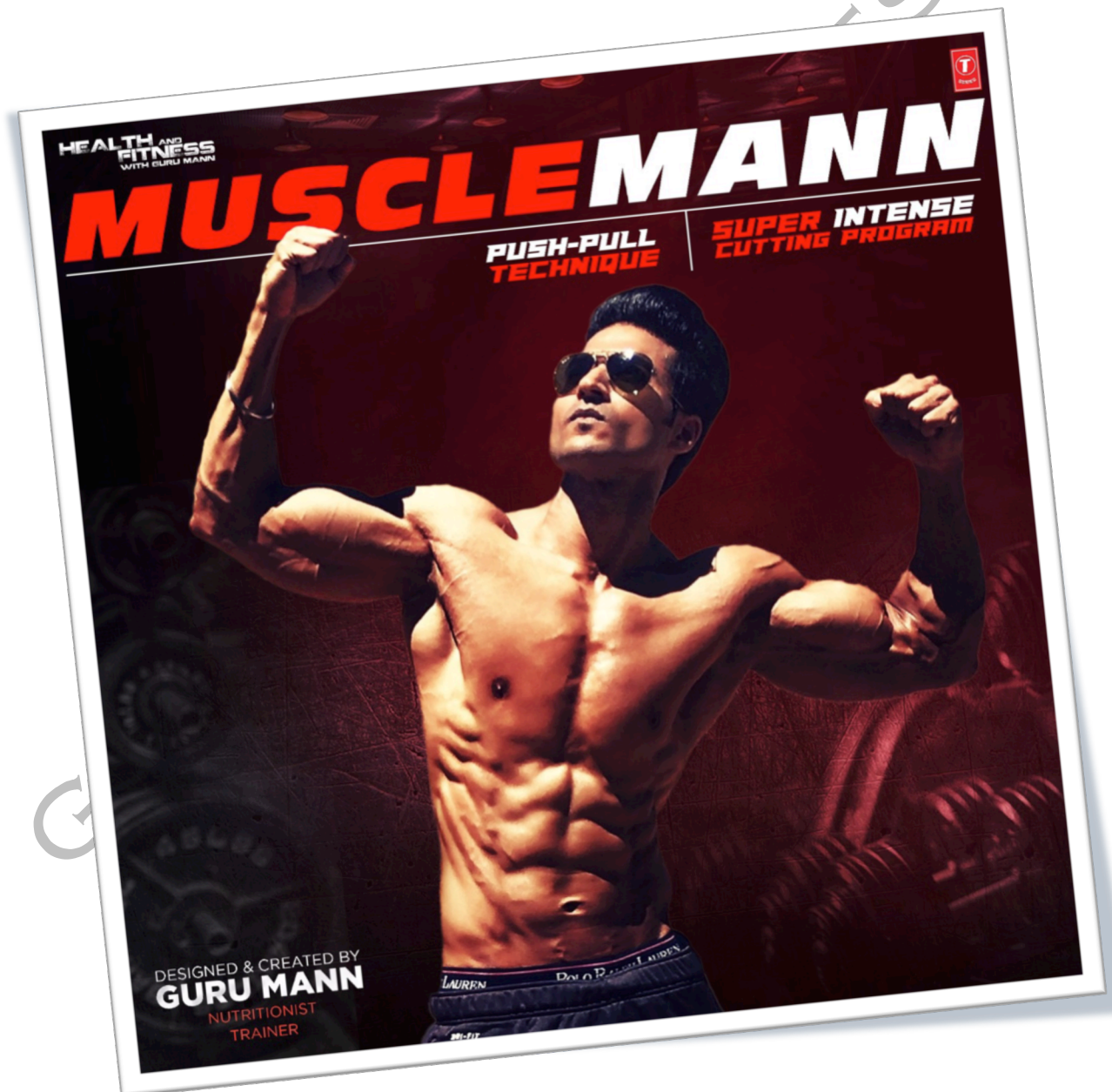
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## NUTRITION PLAN

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Prepared for: Fat Loss / Cutting  
Prepared by: Guru Mann  
Date: December 25, 2017  
Program #: 20

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# MUSCLEMANN - NUTRITION PLAN

## CARB CYCLE

MON	TUES	WED	THUR	FRI	SAT	SUN
Low	Low	Low	High	Low	Low	High
1800cal	1800cal	1800cal	3000cal	1800cal	1800cal	3000cal

## LOW CARBS DAY

Designed &amp; Created by Guru Mann

MEAL/TIME	NON-VEG	VEG
MEAL 1 8-9AM	<b>WALNUT EGG BHURJI</b> 6 Egg Whites ¼ cup chickpeas 25g Walnuts	<b>MILK PROTEIN</b> 2/3sp Whey 200ml Non fat Milk 25g Walnuts
MACROS	<b>Pro-30g   Carb-10g   Fat-15g</b>	<b>Pro-30g   Carb-10g   Fat-15g</b>
MEAL 2 10-11AM	<b>CURD PROTEIN</b> ½ cup Plain Curd 2/3sp Whey ½ Apple 1sp Flaxseed 1sp Raisins 5 Crushed Almonds 2g Cinnamon	<b>CURD PROTEIN</b> ½ cup Plain Curd 2/3sp Whey ½ Apple 1sp Flaxseed 1sp Raisins 5 Crushed Almonds 2g Cinnamon
MACROS	<b>Pro-30g   Carb-15g   Fat-15g</b>	<b>Pro-30g   Carb-15g   Fat-15g</b>
MEAL 3 1-2PM	<b>CHICKEN TAWA</b> 120g Chicken ½ sp Coconut Oil ½ cup Plain Non fat yogurt 1cup Veggies (Bell pepper/Onion, etc.)	<b>SOY TAWA</b> 40g Soy Chunk or Soy Nutria ½ sp Coconut Oil ½ cup Plain Non fat yogurt 1cup Veggies (Bell pepper/Onion, etc.)
MACROS	<b>Pro-25g   Carb-2g   Fat-10g</b>	<b>Pro-20g   Carb-30g   Fat-10g</b>
MEAL 4 4-5PM	<b>EGG FUNDA</b> 5 Boiled Eggs 1/3cup Kidney Beans 1sp Chia Seeds 2sp Onion & Tomato 1sp Ketchup	<b>PANEER FUNDA</b> 100g Low Fat Paneer 1/4cup Kidney Beans 2sp Onion & Tomato 1sp Ketchup
MACROS	<b>Pro-25g   Carb-10g   Fat-10g</b>	<b>Pro-22g   Carb-10g   Fat-15g</b>
MEAL 5 8-9PM	<b>FISH FILLET</b> 120g Fish (White Fish or Tuna) 1sp Coconut Oil 5oz (140g) Sweet Potato 2oz (50g) Broccoli 1sp BBQ Sauce	<b>LENTIL &amp; SWEET POTATO</b> 1cup Black or Yellow Lentil 2/3sp Coconut Oil 4oz (120g) Sweet Potato 2oz (50g) Broccoli
MACROS	<b>Pro-25g   Carb-36g   Fat-15g</b>	<b>Pro-18g   Carb-45g   Fat-13g</b>
MEAL 6 10-11PM	<b>SLOW PROTEIN</b> 240ml Almond Milk (or Water) 2/3sp Casein Protein 20g Almonds or Cashews	<b>SLOW PROTEIN</b> 240ml Almond Milk (or Water) 1sp Casein Protein 20g Almonds or Cashews
MACROS	<b>Pro-25g   Carb-7g   Fat-13g</b>	<b>Pro-30g   Carb-7g   Fat-13g</b>
<b>TOTAL</b>	<b>CALORIES - 1802</b> <b>PRO-195G CARB-80G FAT-78G</b>	<b>CALORIES - 1937</b> <b>PRO-185G CARB-117G FAT-81G</b>

**PRE-WORKOUT**

MORNING 6-7AM EVENING 6-7PM	1sp Amino Energy+200ml Water 500-100mg Carnitine	MORNING 7AM EVENING 7PM	1.5sp Whey Protein+300ml Water 500-100mg Carnitine  <b>Pro-35g   Carb-1g   Fat-0</b>
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**POST-WORKOUT**

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**HIGH CARBS DAY**

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MEAL/TIME	NON-VEG	VEG
MEAL 1 8-9AM	<b>OATS</b> 6 Egg Whites (or 1sp Whey) 1cup Oats + ½ Apple 25g Walnuts	<b>OATS</b> 1sp Whey 1cup Oats + ½ Apple 25g Walnuts
MACROS	<b>Pro-30g   Carb-62g   Fat-15g</b>	<b>Pro-30g   Carb-62g   Fat-15g</b>
MEAL 2 10-11AM	<b>CEREAL PROTEIN</b> 1cup Cereals ½ cup Milk 2/3sp Whey ½ Apple 15g Peanuts 2g Cinnamon <small>Mix Whey and milk then add it in Cereals</small>	<b>CEREAL PROTEIN</b> 1cup Cereals ½ cup Milk 2/3sp Whey ½ Apple 15g Peanuts 2g Cinnamon <small>Mix Whey and milk then add it in Cereals</small>
MACROS	<b>Pro-30g   Carb-50g   Fat-15g</b>	<b>Pro-30g   Carb-50g   Fat-15g</b>
MEAL 3 1-2PM	<b>BROWN RICE &amp; CHICKEN</b> 120g Chicken cooked in ½ sp Coconut Oil 1 cup brown Rice 1 Orange	<b>SOY PLAO</b> 40g Soy Chunk cooked in ½ sp Coconut Oil 1cup Brown Rice ½ cup Plain Non fat yogurt 1cup Veggies (Bell pepper/Onion, etc.)
MACROS	<b>Pro-25g   Carb-63g   Fat-10g</b>	<b>Pro-20g   Carb-70g   Fat-10g</b>
MEAL 4 4-5PM	<b>OATS</b> 6 Egg Whites (or 1sp Whey) 1cup Oats + ½ Banana 25g Peanuts	<b>OATS</b> 6 Egg Whites (or 1sp Whey) 1cup Oats + ½ Banana 25g Peanuts
MACROS	<b>Pro-30g   Carb-62g   Fat-15g</b>	<b>Pro-30g   Carb-62g   Fat-15g</b>
MEAL 5 8-9PM	<b>FISH FILLET</b> 120g Fish (White Fish or Tuna) 1sp Coconut Oil 7oz (250g) White Potato 2oz (50g) Cauliflower 1sp BBQ Sauce	<b>LENTIL &amp; SWEET POTATO</b> 1cup Black or Yellow Lentil 2/3sp Coconut Oil 7oz (120g) White Potato 2oz (50g) Cauliflower
MACROS	<b>Pro-25g   Carb-62g   Fat-15g</b>	<b>Pro-18g   Carb-63g   Fat-13g</b>
MEAL 6 10-11PM	<b>SLOW PROTEIN</b> 240ml Almond Milk (or Water) 2/3sp Casein Protein 20g Almonds or Cashews	<b>SLOW PROTEIN</b> 240ml Almond Milk (or Water) 1sp Casein Protein 20g Almonds or Cashews
MACROS	<b>Pro-25g   Carb-7g   Fat-13g</b>	<b>Pro-30g   Carb-7g   Fat-13g</b>
<b>TOTAL</b>	<b>CALORIES - 2710</b> <b>PRO-200G CARB-302G FAT-78G</b>	<b>CALORIES - 2737</b> <b>PRO-188G CARB-314G FAT-81G</b>

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**NOTE: WATCH NUTRITION VIDEOS ON HEALTH & FITNESS YOUTUBE CHANNEL**