



WORKOUT PLAN

DESIGNED & CREATED BY GURU MANN



GROCERY SHOPPING

	PROTEIN FOOD		HEALTHY FAT FOOD
1	Eggs	1	Almonds
2	Paneer (Optional)	2	Peanuts
3	Low Fat Milk	3	Whole Egg
4	Low Fat Yogurt (Curd)	4	Peanut Butter
5	Chicken Breast	5	Olive Oil (for cooking)

	CARBS FOOD		SUPPLEMENTS
1	Brown Rice	1	C4 Extreme by Cellucore (Optional)
2	100% Wheat Bread	2	100% Gold Whey by ON (Optional)
3	100% Wheat Roti		
4	Oats		EXTRA
5	Lentil (Dal)	1	Raisins
6	Red and Black Kidney Beans	2	Cinnamon
7	Dates (Khajoor)	3	Green Tea
	VEGETABLES	4	Coffee
8	Cabbage/Lettuce	5	Cardamom/Cloves
9	Broccoli (or Cauliflower)	6	Non-Sticky Spray
10	Green Bell Pepper	7	Shredded Cheese (Optional)
11	Cucumber	8	Ketchup
12	Carrot		
13	Tomato		
14	Onion		
15	Green Beans		
16	Spinach		
17	Potato (Sweet Potato if available)		
18	FRUITS		
19	Apple		
20	Pear/Orange		
21	Banana		



Gurumann