



NON-VEG NUTRITION PLAN

TIME	WORKOUT DAYS – LOW CARBS (MON-TUES-WED-FRI-SAT)	RECOVERY DAY – HIGH CARBS (THURS-SUN)
PRE W/O 6-7AM	PRE W/O SUPPLEMENT -1scoop C4 Extreme -200ml Cold Water OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water	
WORKOUT		
POST W/O 8AM	POST W/O SUPPLEMENT -1-2scoop Whey Protein -300ml Cold Water -3 Dates (Khajoor) OR POST W/O WITHOUT SUPPLEMENT -6 Boiled Egg Whites -3 Dates (Khajoor)	
BREAKFAST 9AM	SCRAMBLED EGGS & NUTS -6 Egg Whites -1/2 cup Kidney Beans -2sp Onions -2sp Tomato -1 handful Spinach -3sp Peanuts	OATS -½ cup Oats -½ Apple -2sp Raisins -2sp Peanuts -4 Boiled Egg Whites
LUNCH 1-2PM	CHICKEN & VEGETABLES -100g Grilled Chicken -1/2 cup Black Kidney Beans -30g Sweet Potato (Optional) -1/2 cup Green Beans -1/2 cup Green Bell Pepper -1/2 cup Broccoli (or Cauliflower) -2sp Onion -2sp Tomato	CHICKEN & RICE -100g Grilled Chicken -1/2 cup Black Kidney Beans -1cup Rice -1/2 cup Green Beans -1/2 cup Green Bell Pepper -1/2 cup Broccoli (or Cauliflower) -2sp Onion -2sp Tomato
SNACK 4-5PM	APPLE PEANUT BUTTER -1 Apple -1 ½sp Peanut Butter -5g Cinnamon	BANANA BREAD TOAST -2 Slice Wheat Bread -1sp Peanut Butter - ½ Banana

DINNER 7-8PM	OMELET BEANS WRAP -120g Grilled Chicken Breast -2 Whole Eggs -2 Egg Whites -½ cup Black Beans -2sp Onions -2sp Tomato -½ Peach (Optional) -30g Boiled Potato -2sp Yogurt -¼ cup Non Fat Cheese (Optional) -1sp Ketchup -Salt/Pepper/Garlic Power	OMELET & ROTI -2 Whole Eggs -4 Egg Whites -2sp Onions -2sp Tomato -1 Roti -1cup Low Fat Yogurt -1sp Ketchup -Salt/Pepper/Garlic Power
BEFORE BED 10-11PM	ALMOND MILK -1cup Low Fat Milk -2 Green Cardamom -2 Cloves -Pinch Cinnamon -20 Almonds (crushed)	ALMOND MILK -1cup Low Fat Milk -2 Green Cardamom -2 Cloves -Pinch Cinnamon -20 Almonds (crushed)

VEG NUTRITION PLAN

TIME	WORKOUT DAYS – LOW CARBS (MON-TUES-WED-FRI-SAT)	RECOVERY DAY – HIGH CARBS (THURS-SUN)
PRE W/O 6-7AM	PRE W/O SUPPLEMENT -1scoop C4 Extreme -200ml Cold Water OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water	
WORKOUT		
POST W/O 8AM	POST W/O SUPPLEMENT -1-2scoop Whey Protein -300ml Cold Water -3 Dates (Khajoor) OR POST W/O WITHOUT SUPPLEMENT -300ml non fat milk -3 Dates (Khajoor)	
BREAKFAST 9AM	MILK SMOOTHIE -1 Banana -1sp Peanut Butter	OATS -½ cup Oats -½ Apple

	<ul style="list-style-type: none"> - ½ Low fat Yogurt -200ml Non Fat Milk or Soy Milk -5g Cinnamon -Ice cubes 	<ul style="list-style-type: none"> -2sp Raisins -2sp Peanuts -4 Boiled Egg Whites
LUNCH 1-2PM	PANEER & VEGETABLES <ul style="list-style-type: none"> -100g Paneer -1/2 cup Black Kidney Beans -30g Sweet Potato (Optional) -1/2 cup Green Beans -1/2 cup Green Bell Pepper -1/2 cup Broccoli (or Cauliflower) -2sp Onion -2sp Tomato 	PANEER & RICE <ul style="list-style-type: none"> -100g Paneer -1/2 cup Black Kidney Beans -1cup Rice -1/2 cup Green Beans -1/2 cup Green Bell Pepper -1/2 cup Broccoli (or Cauliflower) -2sp Onion -2sp Tomato
SNACK 4-5PM	APPLE PEANUT BUTTER <ul style="list-style-type: none"> -1 Apple -1 ½sp Peanut Butter -5g Cinnamon 	BANANA BREAD TOAST <ul style="list-style-type: none"> -2 Slice Wheat Bread -1sp Peanut Butter - ½ Banana
DINNER 7-8PM	ROTI BEANS WRAP <ul style="list-style-type: none"> -120g Paneer -1 Large Roti -½ cup Black Beans -2sp Onions -2sp Tomato -½ Peach (Optional) -30g Boiled Potato -2sp Yogurt -¼ cup Non Fat Cheese (Optional) -1sp Ketchup -Salt/Pepper/Garlic Power 	PANEER BHURJI & ROTI <ul style="list-style-type: none"> -150g Paneer bhurji -2sp Onions -2sp Tomato -1 Roti -1cup Low Fat Yogurt -Salt/Pepper/Garlic Power
BEFORE BED 10-11PM	ALMOND MILK <ul style="list-style-type: none"> -1cup Low Fat Milk -2 Green Cardamom -2 Cloves -Pinch Cinnamon -20 Almonds (crushed) 	ALMOND MILK <ul style="list-style-type: none"> -1cup Low Fat Milk -2 Green Cardamom -2 Cloves -Pinch Cinnamon -20 Almonds (crushed)