

# NUTRITION & SUPPLEMENT PLAN

## WORKOUT DAYS - Low Carb

*[High Protein & Low Carbs Day]*

LOW CARBS DAY	NUTRITION (Non-Veg)	NUTRITION (Veg)	SUPPLEMENTS	NUTRITION INFO.
UPON WALKING UP 30mins before Breakfast	1 cup Green Tea/Black Coffee	1 cup Green Tea/Black Coffee		

<b>MEAL 1</b> (Breakfast)	Oat Meal 1 Multi Vitamin <i>[Watch Nutrition Video]</i>	Oat Meal 1 Multi Vitamin <i>[Watch Nutrition Video]</i>	<b>1 Multi Vitamins</b> Option#1 - Opti-Men Option#2 - Revital	<b>Calories = 339</b> <b>P-31, C-31, F-10</b>
<b>MEAL 2</b> (Snack)	Protein Cup Cake 1 cup Green Tea <i>[Watch Nutrition Video]</i>	Protein Cup Cake 1 cup Green Tea <i>[Watch Nutrition Video]</i>		<b>Calories = 295</b> <b>P-34, C-6, F-15</b>
<b>MEAL 3</b> (Lunch)	100g Chicken Breast 1 Bowl Veggies ½sp olive oil 12 Almonds <i>[Watch Nutrition Video]</i>	150g Paneer (Uncooked) 1 Bowl Veggies ½sp olive oil 8 Almonds <i>[Watch Nutrition Video]</i>		<b>Calories = 226</b> <b>P-24, C-10, F-16</b>
<b>MEAL 4</b> (Snack)	Boiled Eggs 1 full + 4 egg whites 1 cup low fat yogurt <i>[Watch Nutrition Video]</i>	1sp Whey Protein 1 cup low fat yogurt 240ml Cold Water		<b>Calories = 232</b> <b>P-32, C-8, F-8</b>
<b>PRE WORKOUT</b> (30min b4 Exer)	1 cup Black Coffee <b>OR Supplement →</b> <i>[Watch Nutrition Video]</i>	1 cup Black Coffee <b>OR Supplement →</b> <i>[Watch Nutrition Video]</i>	Option#1-Expand Option#2-Amino Energy	

### 6 WEEK SHREDDED Workout

<b>POST WORKOUT</b>	Protein Shake 1.5sp Whey + 1 MV + 1 Banana <i>[Watch Nutrition Video]</i>	Protein Shake 1.5sp Whey + 1 MV + 1 Banana <i>[Watch Nutrition Video]</i>	- Whey Protein - 1 Multi Vitamin - BCAA	<b>Calories = 258</b> <b>P-36, C-24, F-3</b>
<b>MEAL 5</b> (Diner)	Roti Role (Beans & Veggies) 1 Fish Oil <i>[Watch Nutrition Video]</i>	Roti Role (Beans & Veggies) 1 Flaxseed Oil <i>[Watch Nutrition Video]</i>	OPTIONAL - 1g Fish Oil (NV) - 1g Flaxseed Oil (V) *NV-Non Veg, *V-Veg	<b>Calories = 343</b> <b>P-20, C-32, F-15</b>
<b>MEAL 6</b> (Before Bed)	1sp Casein/whey Protein 1cup NF yogurt 15 Almonds <i>[Watch Nutrition Video]</i>	1sp Casein/whey Protein 1cup NF yogurt 15 Almonds <i>[Watch Nutrition Video]</i>	Option#1- Casein Protein Option#2- Whey Protein	<b>Calories = 299</b> <b>P-32, C-9, F-15</b>

Designed & Created by Guru Mann, Certified Advanced Fitness Trainer & Nutrition Specialist from California, USA



**CALORIES - 2000 PROTEIN - 209g CARBS - 120g FAT - 82g**

## **HIGH CARBS DAYS – Recovery Day**

### **[Mod Protein & High Carbs Day]**

<b>HIGH CARBS DAY</b>	<b>NUTRITION (Non-Veg)</b>	<b>NUTRITION (Veg)</b>	<b>SUPPLEMENTS</b>	<b>NUTRITION INFO.</b>
<b>UPON WALKING UP</b>	1 cup Green Tea/Black Coffee	1 cup Green Tea/Black Coffee		

<b>MEAL 1</b> (Breakfast)	Vegetable Omelet 2 Slice Wheat Bread 1 Multi Vitamin 1cup Indian Tea <a href="#">[Watch Nutrition Video]</a>	½ cup cereals (grains) 200ml milk 1 Multi Vitamin 1cup Indian Tea <a href="#">[Watch Nutrition Video]</a>	- 1 Multi Vitamins	<b>Calories = 392</b> <b>P-36, C-35, F-12</b>
<b>MEAL 2</b> (Snack)	Fresh Juice 1 cup Roasted Channa <a href="#">[Watch Nutrition Video]</a>	Fresh Juice 1 cup Roasted Channa <a href="#">[Watch Nutrition Video]</a>		<b>Calories = 401</b> <b>P-34, C-46, F-9</b>
<b>MEAL 3</b> (Lunch)	Recovery Rice ¼ Cucumber <a href="#">[Watch Nutrition Video]</a>	Recovery Rice ¼ Cucumber <a href="#">[Watch Nutrition Video]</a>		<b>Calories = 268</b> <b>P-20, C-38, F-4</b>
<b>MEAL 4</b> (Snack)	Paneer Sandwich <a href="#">[Watch Nutrition Video]</a>	Paneer Sandwich <a href="#">[Watch Nutrition Video]</a>		<b>Calories = 325</b> <b>P-30, C-40, F-5</b>
<b>MEAL 5</b> (Diner)	Paneer Bhurji with veggies 2 chapati (no oil) <a href="#">[Watch Nutrition Video]</a>	Paneer Bhurji with veggies 2 chapati (no oil) <a href="#">[Watch Nutrition Video]</a>	- 1 Fish/Flaxseed Oil	<b>Calories = 404</b> <b>P-30, C-44, F-12</b>
<b>MEAL 6</b> (Before Bed)	300ml NF Milk 15 Almonds <a href="#">[Watch Nutrition Video]</a>	300ml NF Milk 15 Almonds <a href="#">[Watch Nutrition Video]</a>		<b>Calories = 210</b> <b>P-16, C-18, F-8</b>

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**CALORIES – 2000    PROTEIN – 166g    CARBS – 221g    FAT – 50g**

#### **Important Tips:**

- Don't eat more or less than what I mentioned in the nutrition plan.
- Drink 1 Gallon of water (3.75 liters) per day.
- Eat in every 2.5 to 3 hours to keep you body in fat zone mode.
- Avoid putting butter/ghee on chapati.
- Avoid artificial sugar and use less salt during food preparation.
- Take last meal around 30-40mins before sleep.
- Avoid adding milk in your post workout shake.
- Alternate of Whey Protein is Egg Whites and Soy Protein.
- Another alternate is Protinex and Boost (but don't use to much because they have lots of sugar and carbs)
- No fast food junk during this program but you can eat it on day 43rd ☺
- Watch "6 Week Shredded" Nutrition videos for the proper recipe.
- **6 WEEK SHREDDED** Workout plan, Nutrition plan and Supplements plan will give you the best look of your life. Separation of any of them won't give you the results.