OBESE 60 NUTRITION PLAN

CATEGORY: MEN & WOMEN
AGE: 15 TO 70 YEARS
ACTIVITY: BODY WEIGHT WORKOUT
NUTRITION: VEG & NON-VEG
MEALS: 5

DESIGNED & CREATED BY GURU MANN
Millions of People are suffering from Obesity around the world.

1 out of 3 Adults Suffering from Obesity

1 out of 6 Children Suffering from Obesity

The high risk of health problems are

Heart Disease
High Blood Pressure
High Cholesterol
Type 2 Diabetes
Colon Cancer

In India, people eat more calories and their physical activity is less. Back in 90’s majority of people were slim because at that time Fast Food, processed food hasn’t hit the India market compare to this decade. People used to eat home made fresh food at home and work. Today Indian market is full of processed food, Fast Food, international junk food franchise, unhealthy restaurant, etc, now people eat out a lot and even they order these junk food at home. All these food are poor in quality, loaded with unhealthy fats and oil, high salty food, high sugary food, etc which makes people unhealthy and sick. On top of that people sit in front of TV, computer for hours and hours with no physical activity.

Now solution of Obesity is to FIX THE NUTRITION.

Eat more Fruits and Vegetables
Reduce the unhealthy fatty food
Avoid soft drinks, packed juices and drink plenty of water instead.
Eat well cooked home made food rather than eating out.

Secondly we need to add PHYSICAL ACTIVITY

Morning Walk
Evening Walk at the park
Jogging, Gym workout
Yoga
Body Weight Home workout
# OBESE 60 NUTRITION PLAN

<table>
<thead>
<tr>
<th></th>
<th>MONDAY &amp; THURSDAY</th>
<th>TUESDAY / FRIDAY &amp; SUNDAY</th>
<th>WEDNESDAY &amp; SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>WATER</td>
<td>500ML UPON WAKING UP</td>
<td>500ML UPON WAKING UP</td>
<td>500ML UPON WAKING UP</td>
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<tr>
<td>BREAKFAST 8AM</td>
<td>WHOLE GRAIN CEREALS - LOW FAT MILK</td>
<td>2 SLICE BREAD - LOW FAT MILK</td>
<td>2 EGG OMELETE - LOW FAT MILK</td>
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<tr>
<td>WATER</td>
<td>250ML 30MIN AFTER BREAKFAST 250ML 30MIN BEFORE SNACK</td>
<td>250ML 30MIN AFTER BREAKFAST 250ML 30MIN BEFORE SNACK</td>
<td>250ML 30MIN AFTER BREAKFAST 250ML 30MIN BEFORE SNACK</td>
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<tr>
<td>SNACK 11AM</td>
<td>1 APPLE - 1 PEAR</td>
<td>1 CUP GRAPES - 1 Kiwi</td>
<td>1 ORANGE - 1 CUP PAPAYA</td>
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<tr>
<td>WATER</td>
<td>250ML 30MIN AFTER SNACK 250ML 30MIN BEFORE LUNCH</td>
<td>250ML 30MIN AFTER SNACK 250ML 30MIN BEFORE LUNCH</td>
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<tr>
<td>LUNCH 2PM</td>
<td>1 BOWL LENTIL - 1 ROTI - 1 PLATE MIXED SALAD</td>
<td>1 BOWL RAJAMA - 1 ROTI - 1 PLATE MIXED SALAD</td>
<td>1 BOWL CHANNE - 1 ROTI - 1 PLATE MIXED SALAD</td>
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<tr>
<td>WATER</td>
<td>250ML 30MIN AFTER LUNCH 250ML 30MIN BEFORE SNACK</td>
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<tr>
<td>SNACK 5PM</td>
<td>20 ALMONDS - 1 CUP COFFEE/TEA</td>
<td>4 FULL WALNUTS - 1 CUP COFFEE/TEA</td>
<td>20 CASHEWS - 1 CUP COFFEE/TEA</td>
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<tr>
<td>WATER</td>
<td>250ML 30MIN AFTER SNACK 250ML 30MIN BEFORE DINNER</td>
<td>250ML 30MIN AFTER SNACK 250ML 30MIN BEFORE DINNER</td>
<td>250ML 30MIN AFTER SNACK 250ML 30MIN BEFORE DINNER</td>
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<tr>
<td>DINNER 8PM</td>
<td>1 BOWL GREEN BEANS - 1 ROTI - 1 PLATE MIXED SALAD</td>
<td>1 BOWL BELL PEPPER - 1 ROTI - 1 PLATE MIXED SALAD</td>
<td>1 BOWL PANEER BHURJI &amp; PEAS - 1 ROTI - 1 PLATE MIXED SALAD</td>
</tr>
<tr>
<td>WATER</td>
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**POST WORKOUT NOTE:**
Whenever you workout just take this after exercise.

- 250ML MILK
- 4 BOILED EGG WHITES
- 250ML MILK
- 2 BOILED EGG WHITES
- 250ML WATER SIP IT DURING WORKOUT
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1. Do not put yourself in starvation mode, Eat meal in every 2.5 to 3 hours. We have to kick start the metabolism, if we skip meals then our metabolism will drop down and cause weight gain.
2. If you are Non Vegetarian then you can also add eggs in the morning, grilled chicken in the afternoon.
3. At lunch, plain yogurt can be added.
4. Variary of other seasonal vegetables can be added as well, like: Spincah, carrots, raddish, cabbage, caulifower, mashrooms, etc.
5. Use Pure Olive oil for cooking instead of ghee, refind oil, or mustard oil. Getting fat from oil in moderation is Key to loose weight and staying heart healthy in future.
6. Coffee can be added once a day. Green Tean can be added 1-2 times as well.
7. No need to add any supplement. Only Multivitamins and Omega 3 supplements can be added and that OPTIONAL.