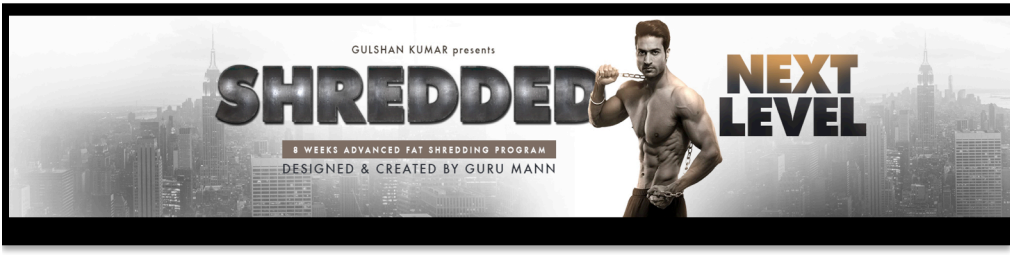

NUTRITION PLAN

NON-VEG PLAN BASED ON EVENING WORKOUT

TIME	WORKOUT DAYS	NON WORKOUT DAY
WAKING UP	DETOX JUICE (Twice a week)	
MEAL 1 BREAKFAST 8-9AM	SUPER OATS -1/2sp Whey -1/2 cup Oats -1/2 Banana -1sp Chia Seeds -2g Cinnamon -4 Boiled Egg Whites ***-1 Multivitamins***	SUPER OATS -1sp Whey -1 cup Oats -1/2 Banana -2g Cinnamon ***-1 Multivitamins***
MACRO'S	CAL- 322 PRO-28G CARB-30G FAT-10G	CAL- 379 PRO-28G CARB-60G FAT-3G
MEAL 2 SNACK 11-12PM	OMELETE -6 Egg Whites -1 Orange or Pear Or Apple	BREAD OMELETE -5 Egg Whites -3 Slice Wheat Bread
MACRO'S	CAL- 240 PRO-24G CARB-16G FAT-0G	CAL- 323 PRO-24G CARB-50G FAT-3G
MEAL 3 LUNCH 2-3PM	CHICKEN SALAD -100g Grilled or boiled Chicken -1cup Cucumber -1c Green Leaves or Lettuce or Cabbage -1 large Carrot -3sp Tomato -1 Whole Egg -20g Walnut -1sp Vinegar -Avocado & Broccoli (option) -Non Fat Ranch (optional) ***-1g CLA Supplement***	PANEER BHURJI -80g Paneer -2 Roti - ½ Cucumber ***-1g CLA Supplement***
MACRO'S	CAL- 326 PRO-25G CARB-25G FAT-14G	CAL- 390 PRO-20G CARB-55G FAT-10G
MEAL 4 SNACK 4-5PM	BANANA PROTEIN -1 Banana -1sp Peanut Butter -1sp Peanuts -1sp Whey (or 2sp Protinex)	OATS COOKIES & CHANNE -1cup Dry Roasted Channe -4 Oats Cookies (Britania) -3 Egg Whites or (½sp Whey in Water)

GURU MANN FITNESS

Designed & Created by Guru Mann
ISSA/ASFA/NASM/ACE Level-III **CERTIFIED** | Biomechanics & Kinesiology – Human Kinetic
FB: *GuruMannFitness* ***YOUTUBE:*** *Health and Fitness | Guru Mann Fitness* ***INSTA:*** *GuruMann*

SHREDDED NEXT LEVEL NUTRITION

MACRO'S	CAL- 315 PRO-30G CARB-30G FAT-15G	CAL- 353 PRO-22G CARB-55G FAT-5G

PRE W/O 6PM	**PRE W/O SUPPLEMENT** -1scoop Amino Energy -200ml Cold Water **OR** **PRE W/O WITHOUT SUPPLEMENT** -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk	NO WORKOUT
DURING W/O 6:30-7:30	**DURING W/O SUPPLEMENT (or No Supplement just water)** -1scoop Xtend -750ml Cold Water *(Mix it a cold water bottle and sip it through out the workout)*	NO WORKOUT
POST W/O 7:30PM	**POST W/O SUPPLEMENT** -1-2scoop Prostar Whey Protein -240ml cold water or 1sp(200ml) Gatorade **OR** **POST W/O WITHOUT SUPPLEMENT** -6 Boiled Egg Whites -240ml Non fat milk	NO WORKOUT
MACRO'S	**CAL- 136 PRO-34G CARB-0G FAT-0G**	

MEAL 5 **DINNER** 8:30-9PM	**VEGGIE BOWL with Chicken** - ½cup Brown Rice - 80g Chicken Breast (or boiled) - ½ Chick Peas -½ Green Bell Pepper - ½cup Cauliflower -3sp Green Onion(or Red Onion) -3sp Tomato - ½ Lemon - ½ Coconut Oil -1sp Ketchup -Salt/Pepper/Garlic Power ***-1g Fish Oil Supplement***	**SCRAMBLED EGGS & RICE** -5 Egg Whites -1cup Brown Rice (Make Scrambled Eggs then add cooked brown rice, little bit salt and pepper) ***-1g Fish Oil Supplement***
MACRO'S	**CAL- 355 PRO-30G CARB-25G FAT-15G**	**CAL- 327 PRO-25G CARB-50G FAT-3G**
MEAL 6 **BEFORE BED** 11PM	**CASEIN MILK PROTEIN** -2/3sp Casein or Whey or Protienx -240mlAlmond Milk (coconut or non fat milk) -2sp Ground Flaxseeds -Pinch Cinnamon ***- 1g CLA Supplement***	**CASEIN MILK PROTEIN** -2/3sp Casein or Whey or Protinex -240ml Low fat Milk -1sclice Bread with 1sp Peanut Butter ***- 1g CLA Supplement***
MACRO'S	**CAL- 355 PRO-24G CARB-7G FAT-15G**	**CAL- 310 PRO-25G CARB-30G FAT-10G**
TOTAL	**CAL-1930 P-203 C-122 F-70**	**CAL-2082 P-144 C-300 F-34**

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SHREDDED NEXT LEVEL NUTRITION

NON-VEG PLAN BASED ON MORNING WORKOUT

TIME	WORKOUT DAYS	NON WORKOUT DAY
WAKING UP 6:30AM	**DETOX JUICE (Twice a week)**	
PRE W/O 7:00AM	**PRE W/O SUPPLEMENT** -1scoop Amino Energy -200ml Cold Water **OR** **PRE W/O WITHOUT SUPPLEMENT** -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk	NO WORKOUT
DURING W/O 7:30-9:00	**DURING W/O SUPPLEMENT (or No Supplement just water)** -1scoop Xtend -750ml Cold Water *(Mix it a cold water bottle and sip it through out the workout)*	NO WORKOUT
POST W/O 9:00AM	**POST W/O SUPPLEMENT** -1-2scoop Prostar Whey Protein -240ml cold water or 1sp(200ml) Gatorade **OR** **POST W/O WITHOUT SUPPLEMENT** -6 Boiled Egg Whites -240ml Non fat milk	NO WORKOUT
MACRO'S	**CAL- 136 PRO-34G CARB-0G FAT-0G**	

MEAL 1 **BREAKFAST** 10AM	**SUPER OATS** -1/2sp Whey -1/2 cup Oats -1/2 Banana -1sp Chia Seeds -2g Cinnamon -4 Boiled Egg Whites ***-1 Multivitamins***	**SUPER OATS** -1sp Whey -1 cup Oats -1/2 Banana -2g Cinnamon ***-1 Multivitamins***
MACRO'S	**CAL- 322 PRO-28G CARB-30G FAT-10G**	**CAL- 379 PRO-28G CARB-60G FAT-3G**
MEAL 2 **SNACK** 12-1PM	**OMELETE** -6 Egg Whites -1 Orange or Pear Or Apple	**BREAD OMELETE** -5 Egg Whites -3 Slice Wheat Bread
MACRO'S	**CAL- 240 PRO-24G CARB-16G FAT-0G**	**CAL- 323 PRO-24G CARB-50G FAT-3G**
MEAL 3	**CHICKEN SALAD** -100g Grilled or boiled Chicken -1cup Cucumber	**PANEER BHURJI** -80g Paneer -2 Roti

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SHREDDED NEXT LEVEL NUTRITION

LUNCH 3-4PM	-1c Green Leaves or Lettuce or Cabbage -1 large Carrot -3sp Tomato -1 Whole Egg -20g Walnut -1sp Vinegar -Avocado & Broccoli (option) -Non Fat Ranch (optional) ***-1g CLA Supplement***	- ½ Cucumber ***-1g CLA Supplement***
MACRO'S	**CAL- 326 PRO-25G CARB-25G FAT-14G**	**CAL- 390 PRO-20G CARB-55G FAT-10G**
MEAL 4 **SNACK** 5-6PM	**BANANA PROTEIN** -1 Banana -1sp Peanut Butter -1sp Peanuts -1sp Whey (or 2sp Protinex)	**OATS COOKIES & CHANNE** -1cup Dry Roasted Channe -4 Oats Cookies (Britania) -3 Egg Whites or (½sp Whey in Water)
MACRO'S	**CAL- 315 PRO-30G CARB-30G FAT-15G**	**CAL- 353 PRO-22G CARB-55G FAT-5G**
MEAL 5 **DINNER** 8-9PM	**VEGGIE BOWL with Chicken** - ½cup Brown Rice - 80g Chicken Breast (or boiled) - ½ Chick Peas -½ Green Bell Pepper - ½cup Cauliflower -3sp Green Onion(or Red Onion) -3sp Tomato - ½ Lemon - ½ Coconut Oil -1sp Ketchup -Salt/Pepper/Garlic Power ***-1g Fish Oil Supplement***	**SCRAMBLED EGGS & RICE** -5 Egg Whites -1cup Brown Rice (Make Scrambled Eggs then add cooked brown rice, little bit salt and pepper) ***-1g Fish Oil Supplement***
MACRO'S	**CAL- 355 PRO-30G CARB-25G FAT-15G**	**CAL- 327 PRO-25G CARB-50G FAT-3G**
MEAL 6 **BEFORE BED** 10-11PM	**CASEIN MILK PROTEIN** -2/3sp Casein or Whey or Protienx -240mlAlmond Milk (coconut or non fat milk) -2sp Ground Flaxseeds -Pinch Cinnamon ***- 1g CLA Supplement***	**CASEIN MILK PROTEIN** -2/3sp Casein or Whey or Protinex -240ml Low fat Milk -1sclice Bread with 1sp Peanut Butter ***- 1g CLA Supplement***
MACRO'S	**CAL- 355 PRO-24G CARB-7G FAT-15G**	**CAL- 310 PRO-25G CARB-30G FAT-10G**
TOTAL	**CAL-1930 P-203 C-122 F-70**	**CAL-2082 P-144 C-300 F-34**

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SHREDDED NEXT LEVEL NUTRITION

VEG PLAN BASED ON EVENING WORKOUT

TIME	WORKOUT DAYS	NON WORKOUT DAY
WAKING UP	DETOX JUICE (Twice a week)	
MEAL 1 BREAKFAST 8-9AM	SUPER OATS -1sp Whey -1/2 cup Oats -1/2 Banana -1sp Chia Seeds -2g Cinnamon -1 Multivitamins	SUPER OATS -1sp Whey (or 2sp Proteinx) -1 cup Oats -1/2 Banana -2g Cinnamon ***-1 Multivitamins***
MACRO'S	CAL- 330 PRO-30G CARB-30G FAT-10G	CAL- 379 PRO-28G CARB-60G FAT-3G
MEAL 2 SNACK 11-12PM	PROTEIN DRINK -1so Whey or Casein -1 Orange or Pear Or Apple	PEANUT BUTTER TOAST -3slice Wheat Bread -1sp Peanut Butter -240ml Non fat Milk
MACRO'S	CAL- 240 PRO-25G CARB-15G FAT-0G	CAL- 386 PRO-24G CARB-50G FAT-10G
MEAL 3 LUNCH 2-3PM	BEAN SALAD -1/2 Kidney Beans -1cup Cucumber -1c Green Leaves or Lettuce or Cabbage -1 large Carrot -3sp Tomato -50g Paneer -20g Walnut -1sp Vinegar -Avocado & Broccoli (option) ***-1g CLA Supplement***	PANEER BHURJI -80g Paneer -2 Roti - ½ Cucumber ***-1g CLA Supplement***
MACRO'S	CAL- 315 PRO-30G CARB-15G FAT-15G	CAL- 390 PRO-20G CARB-55G FAT-10G
MEAL 4 SNACK 4-5PM	BANANA PROTEIN -1 Banana -1sp Peanut Butter -1sp Peanuts -1sp Whey (or 2sp Proteinx)	OATS COOKIES & CHANNE -1cup Dry Roasted Channe -3 Oats Cookies (Britania) -200ml Non Fat milk with 1sp Protinex
MACRO'S	CAL- 315 PRO-30G CARB-30G FAT-15G	CAL- 323 PRO-22G CARB-52G FAT-4G

PRE W/O 6PM	PRE W/O SUPPLEMENT -1scoop Amino Energy -200ml Cold Water **OR** PRE W/O WITHOUT SUPPLEMENT	NO WORKOUT

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SHREDDED NEXT LEVEL NUTRITION

	-½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk	
DURING W/O 6:30-7:30	**DURING W/O SUPPLEMENT (or No Supplement just water)** -1scoop Xtend -750ml Cold Water ***(Mix it a cold water bottle and sip it through out the workout)***	**NO WORKOUT**
POST W/O 7:30PM	**POST W/O SUPPLEMENT** -1-2scoop Prostar Whey Protein -240ml cold water or 1sp(200ml) Gatorade **OR** **POST W/O WITHOUT SUPPLEMENT** -2sp Sugar Free Protinex -240ml Non fat milk	**NO WORKOUT**
MACRO'S	**CAL- 136 PRO-34G CARB-0G FAT-0G**	
MEAL 5 **DINNER** 8:30-9PM	**VEGGIE BOWL with Soy Chunks** - ½cup Brown Rice -50g Soy Chunks - ½ Chic Peas -½ Green Bell Pepper - ½cup Cauliflower -3sp Green Onion -3sp Tomato - ½ Lemon - ½ Coconut Oil -1sp Ketchup -Salt/Pepper/Garlic Power ***-1g Flaxseed Oil Supplement***	**LENTIL & RICE** -½cup cooked Black Lentil -1cup low fat yogurt -1cup Brown Rice ***-1g Flaxseed Oil Supplement***
MACRO'S	**CAL- 315 PRO-30G CARB-30G FAT-15G**	**CAL- 380 PRO-24G CARB-62G FAT-4G**
MEAL 6 **BEFORE BED** 11PM	**CASEIN MILK PROTEIN** -2/3sp Casein or Whey or Protienx -240mlAlmond Milk (coconut or non fat milk) -2sp Ground Flaxseeds -Pinch Cinnamon ***- 1g CLA Supplement***	**CASEIN MILK PROTEIN** -2/3sp Casein or Whey or Protinex -240ml Low fat Milk -1sclice Bread with 1sp Peanut Butter ***- 1g CLA Supplement***
MACRO'S	**CAL- 355 PRO-24G CARB-7G FAT-15G**	**CAL- 310 PRO-25G CARB-30G FAT-10G**
TOTAL	**CAL-1950 P-203 C-127 F-70**	**CAL-2177 P-143 C-309 F-41**

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SHREDDED NEXT LEVEL NUTRITION

VEG PLAN BASED ON MORNING WORKOUT

TIME	WORKOUT DAYS	NON WORKOUT DAY
WAKING UP 6:30AM	**DETOX JUICE (Twice a week)**	
PRE W/O 7AM	**PRE W/O SUPPLEMENT** -1scoop Amino Energy -200ml Cold Water **OR** **PRE W/O WITHOUT SUPPLEMENT** -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk	NO WORKOUT
DURING W/O 7:30-9:00	**DURING W/O SUPPLEMENT (or No Supplement just water)** -1scoop Xtend -750ml Cold Water *(Mix it a cold water bottle and sip it through out the workout)*	NO WORKOUT
POST W/O 9:00AM	**POST W/O SUPPLEMENT** -1-2scoop Prostar Whey Protein -240ml cold water or 1sp(200ml) Gatorade **OR** **POST W/O WITHOUT SUPPLEMENT** -2sp Sugar Free Protinex -240ml Non fat milk	NO WORKOUT
MACRO'S	**CAL- 136 PRO-34G CARB-0G FAT-0G**	

MEAL 1 **BREAKFAST** 10AM	**SUPER OATS** -1sp Whey -1/2 cup Oats -1/2 Banana -1sp Chia Seeds -2g Cinnamon -1 Multivitamins	**SUPER OATS** -1sp Whey (or 2sp Proteinx) -1 cup Oats -1/2 Banana -2g Cinnamon ***-1 Multivitamins***
MACRO'S	**CAL- 330 PRO-30G CARB-30G FAT-10G**	**CAL- 379 PRO-28G CARB-60G FAT-3G**
MEAL 2 **SNACK** 12-1PM	**PROTEIN DRINK** -1so Whey or Casein -1 Orange or Pear Or Apple	**PEANUT BUTTER TOAST** -3slice Wheat Bread -1sp Peanut Butter -240ml Non fat Milk
MACRO'S	**CAL- 240 PRO-25G CARB-15G FAT-0G**	**CAL- 386 PRO-24G CARB-50G FAT-10G**
MEAL 3	**BEAN SALAD** -1/2 Kidney Beans	**PANEER BHURJI** -80g Paneer

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SHREDDED NEXT LEVEL NUTRITION

LUNCH 3-4PM	-1cup Cucumber -1c Green Leaves or Lettuce or Cabbage -1 large Carrot -3sp Tomato -50g Paneer -20g Walnut -1sp Vinegar -Avocado & Broccoli (option) ***-1g CLA Supplement***	-2 Roti - ½ Cucumber ***-1g CLA Supplement***
MACRO'S	**CAL- 315 PRO-30G CARB-15G FAT-15G**	**CAL- 390 PRO-20G CARB-55G FAT-10G**
MEAL 4 **SNACK** 5-6PM	**BANANA PROTEIN** -1 Banana -1sp Peanut Butter -1sp Peanuts -1sp Whey (or 2sp Proteinx)	**OATS COOKIES & CHANNE** -1cup Dry Roasted Channe -3 Oats Cookies (Britania) -200ml Non Fat milk with 1sp Protinex
MACRO'S	**CAL- 315 PRO-30G CARB-30G FAT-15G**	**CAL- 323 PRO-22G CARB-52G FAT-4G**
MEAL 5 **DINNER** 7-8PM	**VEGGIE BOWL with Soy Chunks** - ½cup Brown Rice -50g Soy Chunks - ½ Chic Peas -½ Green Bell Pepper - ½cup Cauliflower -3sp Green Onion -3sp Tomato - ½ Lemon - ½ Coconut Oil -1sp Ketchup -Salt/Pepper/Garlic Power ***-1g Flaxseed Oil Supplement***	**LENTIL & RICE** -½cup cooked Black Lentil -1cup low fat yogurt -1cup Brown Rice ***-1g Flaxseed Oil Supplement***
MACRO'S	**CAL- 315 PRO-30G CARB-30G FAT-15G**	**CAL- 380 PRO-24G CARB-62G FAT-4G**
MEAL 6 **BEFORE BED** 10PM	**CASEIN MILK PROTEIN** -2/3sp Casein or Whey or Protienx -240mlAlmond Milk (coconut or non fat milk) -2sp Ground Flaxseeds -Pinch Cinnamon ***- 1g CLA Supplement***	**CASEIN MILK PROTEIN** -2/3sp Casein or Whey or Protinex -240ml Low fat Milk -1sclice Bread with 1sp Peanut Butter ***- 1g CLA Supplement***
MACRO'S	**CAL- 355 PRO-24G CARB-7G FAT-15G**	**CAL- 310 PRO-25G CARB-30G FAT-10G**
TOTAL	**CAL-1950 P-203 C-127 F-70**	**CAL-2177 P-143 C-309 F-41**

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INFORMATION:

- Watch all the Nutrition Videos on Health and Fitness Channel
- Adjust your meal timings according to your wake-up and sleep cycle
- Use cooking spray instead of oil
- Cook meals in the morning if you are going to work
- Keep protein bar with you incase you skip the meal

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SHREDDED NEXT LEVEL NUTRITION

- **Sleep 8hours minimum**
- **Drink 10-12 glass of water (3-4liters)**

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