



**GM NUTRITION**

GM Nutrition presents

# SHRED X

**VEGETARIAN FAT LOSS PROGRAM**  
NO MEAT | NO FISH | NO CHICKEN

DESIGNED & CREATED BY  
**GURU MANN**

## SHRED X - NUTRITION PLAN

**CATEGORY:** FAT LOSS DIET PLAN

**AGE:** 16 TO 70 YEARS

**ACTIVITY:** GYM WORKOUT

**NUTRITION:** VEG & NON-VEG

**DAYS:** 6 DAYS WEIGHT TRAINING / 3 DAY CARDIO / 3 DAYS ABS

DESIGNED & CREATED BY GURU MANN

JULY 2021



## SHRED X NUTRITION PLAN

In **SHRED X** program, First thing's first, you need to determine your basal metabolic rate (BMR). BMR is essentially an estimation of the minimum energy required to keep basic bodily functions online (heart rate, respiration, etc.) if you spent an entire 24 hour period at rest.

After you establish your BMR, you'll need to use the active factor multiplier to calculate your Total Daily Energy Expenditure (TDEE). This is a combination of the calories need to maintain your basal metabolic rate coupled with your daily actives

### STEP 1: CALCULATE THE BMR

Use Online BMR calculator or BMR Mobile App.

Enter Height/Weight/Age including High Active (5-6 days a week)

Lets take an EXAMPLE:

Age: 25

Height: 5'10"

Weight: 70kg (154lb)

So BMR would be: 1744

### STEP 2: CALCULATE THE MAINTENANCE CALORIES - TDEE

[FORMULA: BMR x 1.3]

$1744 \times 1.5 = 2267$  calories

So TDEE is 2267

### STEP 3: REDUCE EXTRA CALORIES FOR FAT LOSS

Use the following formula to determine your daily calorie needs for a fat loss:

- TDEE - 300 calories.



### FOR CUTTING

We will reduce 300 calories for fat loss:  $2267 - 300 = 1967$

**Keep in mind**, all of these calculations are based upon algorithms for most individuals. However, they cannot factor in every individual variable such as NEAT (non-exercise activity thermogenesis), genotypes, hormones, lifestyle factors, hobbies, or nervous system dominance.

Therefore, some individuals may need to reduce more calories in order to lose weight while others will need less to get the scale moving in the right direction. Start with a set number, eat accordingly for a month, check the scale, and then adjust.

MACROBREAKDOWN			GURU MANN FITNESS
TOTAL CALORIES	PROTEIN (40%)	CARBS (32%)	FAT (28%)
1900 aprx	190g	150g	60g

<b>MEAL 1 - BREAKFAST</b>		
<b>GURU MANN FITNESS</b>		
<b>INGREDIENTS.</b>	<b>QUANTITY</b>	<b>ALTERNATE FOOD</b>
OATS	CUP 0.5	QUINOA
FLAX SEED	1 SPOON	CHIA SEED
ALMONDS	10 PEICES	PEANUTS OR WALNUTS
APPLE	HALF	BERRIES
WHEY PROTEIN IN WATER	1 SCOOP	PLANT PROTEIN OR BOILED EGG WHITES
<b>MACROS</b>	<b>CAL - 408</b>	<b>PRO 35g   CARBS 40g   FAT 12g</b>

<b>MEAL 2 - SNACK</b>		
<b>GURU MANN FITNESS</b>		
<b>INGREDIENTS.</b>	<b>QUANTITY</b>	<b>ALTERNATE FOOD</b>
WHOLE EGG	2	---
EGG WHITES	4	--
MIXED VEGGIES	CUP 1	--
SALT/PEPPER	PINCH	--
<b>MACROS</b>	<b>CAL - 222</b>	<b>PRO 28g   CARBS 5g   FAT 10g</b>

<b>MEAL 3 - LUNCH</b>		
<b>GURU MANN FITNESS</b>		
<b>INGREDIENTS.</b>	<b>QUANTITY</b>	<b>ALTERNATE FOOD</b>
RICE	CUP 0.5	---
PANEER	50-100G	TOFU OR SOY CHUNKS OR GRILLED CHICKEN
ONION	2SP	--
TOMATO	2SP	--
LEMON	HALF	--
PEAS/CARROTS	1 CUP	ANY VEGETABLES
SALT/PEPPER	PINCH	--
<b>MACROS</b>	<b>CAL - 374</b>	<b>PRO 28g   CARBS 43g   FAT 10g</b>



<b>MEAL 4 - SNACK</b>			<b>GURU MANN FITNESS</b>
<b>INGREDIENTS.</b>	<b>QUANTITY</b>	<b>ALTERNATE FOOD</b>	
APPLE	HALF	PEAR OR BANANA	
PEANUT BUTTER	2SP (APRX)	--	
BOILED EGG WHITES	5	---	
<b>MACROS</b>	<b>CAL - 313</b>	<b>PRO 26g   CARBS 23g   FAT 13g</b>	

<b>PRE WOKOUT</b>					<b>GURU MANN FITNESS</b>
<b>INGREDIENTS</b>	<b>QUANTITY</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>	
PRE WORKOUT SUPPLEMENT	1SCOOP	0	0	0	
CARNITINE	500-1000MG	0	0	0	
WATER	200ML	0	0	0	

<b>DURING WOKOUT</b>					<b>GURU MANN FITNESS</b>
<b>INGREDIENTS</b>	<b>QUANTITY</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>	
BCAA	5-10G	0	0	0	
WATER	500-750ML	0	0	0	

<b>POST WOKOUT</b>					<b>GURU MANN FITNESS</b>
<b>INGREDIENTS</b>	<b>QUANTITY</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>	
WHEY PROTEIN	25-45G	50g	1	0	
GLUTAMINE (OPTIONAL)	5G	0	0	0	
WATER	300-400ML	0	0	0	
<b>TOTAL CALORIES = 204</b>		<b>50g</b>	<b>1</b>	<b>0</b>	



MEAL 5 - DINNER		
GURU MANN FITNESS		
INGREDIENTS.	QUANTITY	ALTERNATE FOOD
CHICKPEAS (WHITE CHANNE)	CUP 0.5	---
TOFU	50-100G	TOFU OR SOY CHUNKS OR GRILLED CHICKEN
ONION	2SP	--
TOMATO	2SP	--
COOKED VEGGIES	HALF	--
ORANGE	1 CUP	ANY VEGETABLES
<b>MACROS</b>	<b>CAL - 379</b>	<b>PRO 23g   CARBS 38g   FAT 15g</b>

SUPPLEMENT STACK						
INGREDIENTS	EMPTY STOMACH	BREAKFAST	PRE W/O	DURING W/O	POST W/O	BEFORE BED
WHEY PROTEIN ISOLATE	NO	YES	NO	NO	YES	YES
BCAA	NO	NO	NO	YES	NO	NO
CARNITINE	YES	NO	YES	NO	NO	NO
MULTIVITAMINS (OPTIONAL)	NO	YES	NO	NO	NO	NO
FISH OIL (OPTIONAL)	NO	NO	NO	NO	NO	DINNER
PRE WORKOUT	NO	NO	YES	NO	NO	NO
<b>BRANDS - ON / CELLUCOR / MUSCLETECH / GM NUTRITION / MUSCLEPHARM / DYMATIZE</b>						

Buy Any Brand Which you can Trust

Best Wishes :)

GM

