SIZE 8 PROGRAM

VEGETARIAN NUTRITION PLAN

BY GURU MANN

NO EGGS
NO MEAT
NO SUPPLEMENT
FOR MEN

### MEAL 1 – Breakfast (8-9 AM)

<table>
<thead>
<tr>
<th></th>
<th>Workout Days</th>
<th>Rest Days</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>OAT CRUNCH BOWL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2/3 cup Oats Powder</td>
<td>½ cup Oats Powder</td>
<td></td>
</tr>
<tr>
<td>1/3 Apple</td>
<td>½ Apple</td>
<td></td>
</tr>
<tr>
<td>½ Banana</td>
<td>2sp Low Fat Yogurt (Curd)</td>
<td></td>
</tr>
<tr>
<td>20piece Almonds</td>
<td>20piece Almonds</td>
<td></td>
</tr>
<tr>
<td>1sp Hemp Seeds</td>
<td>1sp Hemp Seeds</td>
<td></td>
</tr>
<tr>
<td>1sp Honey (optional)</td>
<td>Pinch Cinnamon</td>
<td></td>
</tr>
<tr>
<td>1cup Blueberries (optional)</td>
<td>240ml Non Fat Milk</td>
<td></td>
</tr>
<tr>
<td>2sp Low Fat Yogurt (Curd)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pinch Cinnamon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>240ml Non Fat Milk</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Calories 524 – Pro-22g, Carb-63g, Fat-16g, Fiber-10g**

**Calories 439 – Pro-20g, Carb-48g, Fat-15g, Fiber-8g**

**Instructions:**
- 3 options for cooking oats: Microwave or on Stove or Overnight Soak.
- Drink cold milk or you can boil it then add cardamom & cloves.

**Key Point:**
- Instead of Oats you can eat Quinoa or Muesli cereals once or twice a week.
- You can use peanuts or walnuts or cashews instead of Almonds.
- Add Flaxseeds instead of Hemp seeds.

**EGG-ETARIAN**
- 5 Boiled Egg Whites instead of Milk

**NON-VEGETARIAN**
- Nothing

**SUPPLEMENT CATEGORY**
- 1 scoop of Whey in 1 cup Oats (No milk)
### MEAL 2 – Snack (10-11 AM)

**Workout Days**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ROTI BANANA ROLL</strong></td>
<td>1 Wheat Roti, 1sp Peanut Butter, 1 Banana, 1sp Honey (optional), 1 Banana, 1 cup Non Fat Milk or Greek Yogurt</td>
</tr>
<tr>
<td><strong>PEANUT BUTTER BREA TOAST</strong></td>
<td>2 slice Wheat bread, 1sp Peanut Butter, Pinch Cinnamon, ½ Banana, 1 cup Non Fat Milk or Greek Yogurt</td>
</tr>
</tbody>
</table>

**Calories**

- **457 – Pro-20g, Carb-60g, Fat-13g, Fiber-5g**
- **336 – Pro-19g, Carb-43g, Fat-8g, Fiber-4g**

**Instructions:**
- Cook thin long Chapati or 2 thin regular size Chapati.
- Use non-fat dairy product.

**Key Point:**
- Eat Non fat plain Yogurt instead of Milk.
- Eat Brown Bread once or twice a week instead of Chapati.

**EGGETARIAN**
- 5 Boiled Egg Whites instead of Milk

**NON-VEGETARIAN**
- Nothing

**SUPPLEMENT CATEGORY**
- Nothing

### MEAL 3 – Lunch (1-2 PM)

**Workout Days**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>RICE SUPER BOWL</strong></td>
<td>2/3rd – 1 cup Brown Rice, 1/4th cup Chickpeas, 1/4th cup Kidney Beans, 40g Soy Chunks, 3sp Green Peas, 2sp Onion + Tomato, 3sp Green/Red Bell pepper, ½sp Olive Oil, Baked chips &amp; 1sp Crushed Cashews (optional), Ketchup, Lemon, Salt &amp; Black Pepper</td>
</tr>
<tr>
<td><strong>DAL RICE BOWL</strong></td>
<td>½ cup Brown Rice, 50g cooked Lentil, 1 cup Raita (3sp cucumber+3sp onion + pinch salt/pepper)</td>
</tr>
</tbody>
</table>

**Calories**

- **395 – Pro-20g, Carb-60g, Fat-13g, Fiber-5g**
- **336 – Pro-19g, Carb-43g, Fat-8g, Fiber-4g**

**Instructions:**
- Use non-fat dairy product.

**Key Point:**
- Eat Non-fat milk or Greek Yogurt instead of Milk.
- Eat Brown Bread once or twice a week instead of Chapati.
**Calories 506 – Pro-30g, Carb-61g, Fat-10g, Fiber-13g**

**Calories 413 – Pro-23g, Carb-51g, Fat-9g, Fiber-9g**

**Instructions:**
- Cook Brown Rice, Chickpeas and Kidney Beans in Bulk for 3-4 days and keep it in the fridge.
- Do slow and medium cooking. Don’t over cook the veggies otherwise you will lose half the ingredients.

**Key Point:**
- You can use coconut oil as well but don’t over use it.
- Eat White rice Instead of Brown rice once a week or switch it with Wheat Pasta.

**EGGETARIAN**
- Nothing

**NON-VEGETARIAN**
- Add 100gm Grilled Chicken instead of Soy Chunks

**SUPPLEMENT CATEGORY**
- Nothing

### MEAL 4 – Snack (4-5 PM)

<table>
<thead>
<tr>
<th>Workout Days</th>
<th>Rest Days</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MILK SHAKE</strong></td>
<td><strong>FRESH JUICE</strong></td>
</tr>
<tr>
<td>240ml Non Fat Milk</td>
<td>400ml Fresh Mixed Juice (Orange, pomegranate, carrot)</td>
</tr>
<tr>
<td>1cup Frozen Banana/Mango</td>
<td>100g Dry Roasted Soy bean</td>
</tr>
<tr>
<td>1sp Chia Seeds</td>
<td></td>
</tr>
<tr>
<td>1sp Sunflower Seeds</td>
<td></td>
</tr>
<tr>
<td>Pinch Cinnamon</td>
<td></td>
</tr>
<tr>
<td>1cup Roasted Chickpeas</td>
<td></td>
</tr>
</tbody>
</table>

**Calories 462 – Pro-26g, Carb-45g, Fat-14g, Fiber-13g**

**Calories 318 – Pro-18g, Carb-35g, Fat-10g, Fiber-4g**

**Instructions:**
- Chop 4-5 Bananas and 3-4 mangos put in the freezer then use 1 frozen banana during the milk shake.
- Eat Roasted channe few minutes before drinking the milk shake.

**Key Point:**
- You can use frozen strawberries/blueberries as well.
- You can use Almond milk instead of regular milk.
- You can use Sesame seeds instead of sunflower seeds.
- You can eat dry roasted soybeans instead of roasted chickpeas few times a week.

**EGGETARIAN**
- 3 Boiled Egg Whites (optional for extra protein)

**NON-VEGETARIAN**
- Nothing

**SUPPLEMENT CATEGORY**
- ½ scoop of Whey in milk shake
### Pre-Workout (5-6 PM)

<table>
<thead>
<tr>
<th></th>
<th>Workout Days</th>
<th>Rest Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Teaspoon Coffee (Caffeine 200mg)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>200ml Water</td>
<td></td>
<td>-----N/A-----</td>
</tr>
<tr>
<td>2sp Milk (optional)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Instructions:**
- You can drink warm coffee 20min before training or drink cold coffee by adding 2-3 ice cubes in a blender, add 2tsp coffee and 2sp milk – Blend them and Enjoy Cold Coffee Pre workout Drink!!

**Key Point:**
- Do not over dose the caffeine.
- Don’t exceed more than 1 cup a days.
- If your skin is caffeine sensitive then avoid coffee and drink 1-2sp Glucon D before training.

**SUPPLEMENT CATEGORY**
- 1scoop of C4 or Amino Energy or 1.M.R or BCAA or any pre workout instead of drinking coffee

### Post-Workout (7-8 PM)

<table>
<thead>
<tr>
<th></th>
<th>Workout Days</th>
<th>Rest Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>1cup Fat free Yogurt (optional)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>240ml Fat Free Milk (or 500ml)</td>
<td></td>
<td>-----N/A-----</td>
</tr>
<tr>
<td>2 Banana</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Or 2 Cup Red/Black Grapes</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Calories 348 – Pro-25g, Carb-58g, Fat-0g, Fiber-4g**

**Instructions:**
- Avoid full fat milk because fat will slow down the digestion.
- Drink post w/o within 20min after training.

**Key Point:**
- You can drink 500ml instead of adding a yogurt If you face any stomach upset issue.
- You can either eat bananas or grapes.
- You can eat 5-7 Dates (khazoor) as well.

**EGGETARIAN**
- 6 Boiled Egg Whites instead of Milk and yogurt

**NON-VEGETARIAN**
- Nothing

**SUPPLEMENT CATEGORY**
- 1scoop of Whey in 300ml cold water instead of milk and yogurt
## MEAL 5 – Dinner (9-10 PM)

<table>
<thead>
<tr>
<th></th>
<th>Workout Days</th>
<th>Rest Days</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PANEER SANDWICH</strong></td>
<td></td>
<td><strong>MIXED VEGETABLE + PANEER</strong></td>
</tr>
<tr>
<td>4 slice Wheat bread</td>
<td></td>
<td>1 cup Mixed Indian Vegetables</td>
</tr>
<tr>
<td>50g Paneer</td>
<td></td>
<td>50g Paneer</td>
</tr>
<tr>
<td>2 Onion Ring</td>
<td></td>
<td>1 Roti</td>
</tr>
<tr>
<td>3-4 slices of Tomato</td>
<td></td>
<td>Half Plate Salad (Cucumber + Tomato + Carrots)</td>
</tr>
<tr>
<td>Pinch Salt/Pepper &amp; Ketchup</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Calories 470 – Pro-22g, Carb-60g, Fat-14g, Fiber-4g*

*Instructions:*
- Use grill to grill the bread or you can toast it and then add paneer/onion/tomato.
- Use fresh paneer.

*Key Point:*
- You can use Tofu instead of panner one or twice a week.
- You can eat Subway Paneer sandwich once a week as well.

*EGGETARIAN*
- 4 egg Omelet (2 whole + 2 white) instead of paneer

*NON-VEGETARIAN*
- 100g chicken breast or 100g fish instead of paneer

*SUPPLEMENT CATEGORY*
- Nothing

## MEAL 6 – Snack (11-11:30 PM)

<table>
<thead>
<tr>
<th></th>
<th>Workout Days</th>
<th>Rest Days</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>YOGURT &amp; NUTS</strong></td>
<td></td>
<td><strong>MILK BADAM</strong></td>
</tr>
<tr>
<td>240g Low Fat Yogurt</td>
<td></td>
<td>240g Low fat Warm Milk</td>
</tr>
<tr>
<td>25g Walnuts</td>
<td></td>
<td>25g Almonds</td>
</tr>
<tr>
<td>Pinch Cinnamon</td>
<td></td>
<td>2 Cardamom + Pinch Cinnamon</td>
</tr>
</tbody>
</table>

*Calories 254 – Pro-15g, Carb-15g, Fat-14g, Fiber-2g*

*Instructions:*
- Put 1 cup plain low fat yogurt in a bowl then add walnuts and cinnamon.

*Key Point:*
- You can add Almonds or Peanuts as well.
- You can add flaxseeds as well.
- You can eat 100g Raw fresh paneer few times a week.
EGG ETARIAN
• Nothing

NON-VEGETARIAN
• Nothing

SUPPLEMENT CATEGORY
• 1 scoop of Casein protein in 1 cup of milk

WORKOUT DAYS MACRO NUTRIENTS
CALORIES: 3021 | PROTEIN: 160g | CARBS: 362g | FAT: 81g | FIBER: 46/51g

REST DAYS MACRO NUTRIENTS
CALORIES: 2106 | PROTEIN: 111g | CARBS: 227g | FAT: 70g | FIBER: 31g

NOTE: YOU CAN ADJUST YOUR MACROS ACCORDING TO YOUR HEIGHT/WEIGHT.
WATCH SIZE 8 NUTRITION VIDEOS ON YOUTUBE FOR THE RECIPES WITH DETAILED INFORMATION.

• If you workout in the morning then take meal 1 75min before workout, then pre workout drink 20min before training then post workout drink after gym them meal2, meal 3 meal 4 meal 5 and meal 6.
# FOR WOMEN

## MEAL 1 – Breakfast (8-9 AM)

<table>
<thead>
<tr>
<th>OAT CRUNCH BOWL</th>
<th></th>
</tr>
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<tbody>
<tr>
<td>⅝ cup Oats Powder</td>
<td></td>
</tr>
<tr>
<td>⅝ Apple</td>
<td></td>
</tr>
<tr>
<td>2sp Low Fat Yogurt (Curd)</td>
<td></td>
</tr>
<tr>
<td>20piece Almonds</td>
<td></td>
</tr>
<tr>
<td>1sp Hemp Seeds</td>
<td></td>
</tr>
<tr>
<td>Pinch Cinnamon</td>
<td></td>
</tr>
<tr>
<td>240ml Non Fat Milk</td>
<td></td>
</tr>
</tbody>
</table>

**Calories 438 – Pro-20g, Carb-48g, Fat-14g, Fiber-8g**

**Instructions:**
- 3 options for cooking oats: Microwave or on Stove or Overnight Soak.
- Drink cold milk or you can boil it then add cardamom & cloves.

**Key Point:**
- Instead of Oats you can eat Quinoa or Muesli cereals once or twice a week.
- You can use peanuts or walnuts or cashews instead of Almonds.
- Add Flaxseeds instead of Hemp seeds.

## MEAL 2 – Snack (10-11 AM)

<table>
<thead>
<tr>
<th>ROTI BANANA ROLL</th>
<th></th>
</tr>
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<tbody>
<tr>
<td>1 Wheat Roti</td>
<td></td>
</tr>
<tr>
<td>1sp Peanut Butter</td>
<td></td>
</tr>
<tr>
<td>1 Banana</td>
<td></td>
</tr>
<tr>
<td>Pinch Cinnamon</td>
<td></td>
</tr>
<tr>
<td>1 cup Non Fat Milk or Yogurt</td>
<td></td>
</tr>
</tbody>
</table>

**Calories 457 – Pro-19g, Carb-55g, Fat-10g, Fiber-5g**

**Instructions:**
- Cook thin long Chapati or 2 thin regular size Chapati.
- Use non-fat dairy product.

**Key Point:**
- Eat Non fat plain Yogurt (or Greek yogurt) instead of Milk.
- Eat Brown Bread once or twice a week instead of Chapati.
### MEAL 3 – Lunch (1-2 PM)

**RICE SUPER BOWL**

- ½ cup Brown Rice
- 1/4th cup Chickpeas
- 1/4th cup Kidney Beans
- 25g Soy Chunks
- 3sp Green Peas
- 2sp Onion + Tomato
- 3sp Green/Red Bell pepper
- ½sp Olive Oil
- Baked chips & 1sp Crushed Cashews (optional)
- Ketchup, Lemon, Salt & Black Pepper

**Calories 506 – Pro-18g, Carb-41g, Fat-10g, Fiber-10g**

**Instructions:**
- Cook Brown Rice, Chickpeas and Kidney Beans in Bulk for 3-4 days and keep it in the fridge.
- Do slow and medium cooking. Don’t over cook the veggies otherwise you will lose half the ingredients.

**Key Point:**
- You can use coconut oil as well but don’t over use it.
- Eat White rice Instead of Brown rice once a week or switch it with Wheat Pasta.

### MEAL 4 – Snack (4-5 PM)

**MILK SHAKE**

- 200ml Non Fat Milk
- 1cup Frozen Banana/Mango
- 1sp Chia Seeds
- 1sp Sunflower Seeds
- Pinch Cinnamon
- ½ cup Roasted Chickpeas

**Calories 462 – Pro-20g, Carb-45g, Fat-14g, Fiber-9g**

**Instructions:**
- Chop 4-5 Bananas and 3-4 mangos put in the freezer then use 1 frozen banana during the milk shake.
- Eat Roasted channe few minutes before drinking the milk shake.

**Key Point:**
- You can use frozen strawberries/blueberries as well.
- You can use Almond milk instead of regular milk.
- You can use Sesame seeds instead of sunflower seeds.
- You can eat dry roasted soybeans instead of roasted chickpeas few times a week.
### Pre-Workout (5-6 PM)

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<th>Rest Days</th>
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<tr>
<td>2 Teaspoon Coffee <em>(Caffeine 200mg)</em></td>
<td>N/A</td>
</tr>
<tr>
<td>200ml Water</td>
<td>N/A</td>
</tr>
<tr>
<td>2sp Milk (optional)</td>
<td>N/A</td>
</tr>
</tbody>
</table>

**Instructions:**
- You can drink warm coffee 20min before training or drink cold coffee by adding 2-3 ice cubes in a blender, add 2tsp coffee and 2sp milk – Blend them and Enjoy Cold Coffee Pre workout Drink!!

**Key Point:**
- Do not over dose the caffeine.
- Don’t exceed more than 1 cup a days.
- If your skin is caffeine sensitive then avoid coffee and drink 1-2sp Glucon D before training.

### Post-Workout (7-8 PM)

<table>
<thead>
<tr>
<th>Workout Days</th>
<th>Rest Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>1cup Fat free Yogurt (optional)</td>
<td>N/A</td>
</tr>
<tr>
<td>340ml Fat Free Milk</td>
<td>N/A</td>
</tr>
<tr>
<td>1 Banana</td>
<td>N/A</td>
</tr>
<tr>
<td>Or 2 Cup Red/Black Grapes</td>
<td>N/A</td>
</tr>
</tbody>
</table>

**Calories 348 – Pro-17g, Carb-38g, Fat-0g, Fiber-2g**

**Instructions:**
- Avoid full fat milk because fat will slow down the digestion.
- Drink post w/o within 20min after training.

**Key Point:**
- You can drink 340ml instead of adding a yogurt If you face any stomach upset issue.
- You can either eat bananas or grapes.
- You can eat 3-5 Dates (khazoor) as well.
### MEAL 5 – Dinner (9-10 PM)

<table>
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<tr>
<th>PANEER SANDWICH</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 slice Wheat bread</td>
</tr>
<tr>
<td>25g Paneer</td>
</tr>
<tr>
<td>2 Onion Ring</td>
</tr>
<tr>
<td>3-4 slices of Tomato</td>
</tr>
<tr>
<td>Pinch Salt/Pepper &amp; Ketchup</td>
</tr>
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**Calories 470 – Pro-15g, Carb-30g, Fat-12g, Fiber-2g**

**Instructions:**
- Use grill to grill the bread or you can toast it, then add paneer/onion/tomato.
- Use fresh paneer.

**Key Point:**
- You can use Tofu instead of paneer one or twice a week.
- You can eat Subway Paneer sandwich once a week as well.

### MEAL 6 – Snack (11-11:30 PM)

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<th>YOGURT &amp; NUTS</th>
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<tbody>
<tr>
<td>240g Low Fat Yogurt</td>
</tr>
<tr>
<td>25g Walnuts</td>
</tr>
<tr>
<td>Pinch Cinnamon</td>
</tr>
</tbody>
</table>

**Calories 254 – Pro-15g, Carb-15g, Fat-14g, Fiber-2g**

**Instructions:**
- Put 1 cup plain low fat yogurt in a bowl then add walnuts and cinnamon.

**Key Point:**
- You can add Almonds or Peanuts as well.
- You can add flaxseeds as well.
- You can eat 50g Raw fresh paneer few times a week.

### WORKOUT DAYS MACRO NUTRIENTS

**CALORIES: 2402 | PROTEIN: 124g | CARBS: 272g | FAT: 74g | FIBER: 38g**

**NOTE: WATCH SIZE 8 NUTRITION VIDEOS ON YOUTUBE FOR THE RECIPES WITH DETAILED INFORMATION.**

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Designed & Created by Guru Mann, Advanced Fitness Trainer & Nutritionist **CERTIFIED**
California, **United States**