



## STRENGTH MODE NUTRITION PLAN

**CATAGORY:** STRENGTH BUILDING PROGRAM

**AGE:** 16 TO 60 YEARS

**ACTIVITY:** GYM WORKOUT

**TECHNIQUE:** PUSH - PULL

**NUTRITION:** VEG

**DAYS:** 4 DAYS WEIGHT TRAINING / 3 DAYS REST

DESIGNED & CREATED BY GURU MANN

MARCH 2021



POWERED BY G OUTFITS



PRESENTED BY T-SERIES



## MACRO BREAKDOWN

CALORIES	PROTEIN	CARBS	FATS
3300	150G	450G	100G

## NUTRITION PLAN

### MEAL 1 AT 9AM

STRENGTH MODE BY GURU MANN	FOOD	PRO	CARB	FAT
1	1.5 CUPS OATS	15	81	9
2	2 WHOLE EGGS	12	2	10
	<b>CALORIES - 611</b>	<b>27G</b>	<b>83G</b>	<b>19G</b>
OPTIONAL	<ul style="list-style-type: none"><li>- ADD A PIECE OF FRUIT ON OATS: BANANA OR APPLE</li><li>- EAT 2-3 EGG WHITES TO INCREASE PROTEIN ACCORDING TO YOUR GOAL</li><li>- 1 MULTIVITAMINS</li></ul>			

**NOTE:** ADJUST CALORIES ACCORDING TO YOUR HEIGHT, WEIGHT & AGE.

### MEAL 2 AT 11:30AM

STRENGTH MODE BY GURU MANN	FOOD	PRO	CARB	FAT
1	4 BREAD SLICES	8	60	4
2	2SP PEANUT BUTTER	7	7	14
3	250ML LOW FAT MILK	10	12	4
	<b>CALORIES - 614</b>	<b>25G</b>	<b>79G</b>	<b>22G</b>

**NOTE:** ADJUST CALORIES ACCORDING TO YOUR HEIGHT, WEIGHT & AGE.

### MEAL 3 AT 2PM

STRENGTH MODE BY GURU MANN	FOOD	PRO	CARB	FAT
1	3 ROTI	6	66	3
2	80G PANEER	18	0	15
3	VEGETABLES - PEAS, BELL PEPPER	2	5	0
4	1/2 SP COCONUT OIL	0	0	5
5	1/2 PIECE OF ANY FRUIT	0	15	0
	<b>CALORIES - 655</b>	<b>26G</b>	<b>86G</b>	<b>23G</b>
OPTIONAL	<ul style="list-style-type: none"> <li>- USE BREAD OR RICE INSTEAD OF ROTI</li> <li>- ADD 1CUP YOGURT</li> </ul>			

**NOTE:** ADJUST CALORIES ACCORDING TO YOUR HEIGHT, WEIGHT & AGE.

### MEAL 4 AT 4:30PM

STRENGTH MODE BY GURU MANN	FOOD	PRO	CARB	FAT
1	4 RICE CAKE	4	60	0
2	4 EGG WHITE	16	0	0
3	2SP PEANUT BUTTER	7	7	14
4	1 MEDIUM BANANA	0	20	0
	<b>CALORIES - 582</b>	<b>27G</b>	<b>87G</b>	<b>14G</b>
OPTIONAL	<ul style="list-style-type: none"> <li>- USE BREAD SLICES INSTEAD OF RICE CAKE</li> <li>- EAT 2-3 EGG WHITES TO INCREASE PROTEIN ACCORDING TO YOUR GOAL</li> </ul>			

**NOTE:** ADJUST CALORIES ACCORDING TO YOUR HEIGHT, WEIGHT & AGE.

## POST WORKOUT AT 7:30PM

STRENGTH MODE BY GURU MANN	FOOD	PRO	CARB	FAT
1	300ML GATORADE	0	35	0
2	1SP WHEY PROTEIN	25	0	0
3	5G CREATINE	0	0	0
	<b>CALORIES - 240</b>	<b>25G</b>	<b>35G</b>	<b>0</b>
OPTIONAL	<ul style="list-style-type: none"> <li>- ADD 5 GLUTAMINE</li> <li>- HAVE 1-2 SCCOP OF WHEY ACCORDING TO YOU FITNESS LEVEL</li> <li>- HAVE BOILED EGGS IF YOU DONT WANT A WHEY PROTEIN</li> </ul>			

**NOTE:** ADJUST CALORIES ACCORDING TO YOUR HEIGHT, WEIGHT & AGE.

## MEAL 5 AT 9PM

STRENGTH MODE BY GURU MANN	FOOD	PRO	CARB	FAT
1	1 CUP RICE	4	44	2
2	1/2 CUP BEANS	10	28	3
3	1SP FLAX OR CHIA SEEDS	3	3	5
4	VEGETABLES	2	5	0
5	COCONUT OIL (1SP OR LESS)	0	0	12
	<b>CALORIES - 594</b>	<b>19G</b>	<b>80G</b>	<b>22G</b>
OPTIONAL	<ul style="list-style-type: none"> <li>- ADD 100G CHICKEN IF YOU ARE NON VEG</li> <li>- EAT 2-3 EGG WHITES TO INCREASE PROTEIN ACCODING TO YOUR GOAL</li> </ul>			

**NOTE:** ADJUST CALORIES ACCORDING TO YOUR HEIGHT, WEIGHT & AGE.

**NOTE:** WATCH **STRENGTH MODE** NUTRITION VIDEOS ON YOUTUBE

Good Luck to Everyone

Regards  
GM



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