

TRANSFORMATION-30

MALE & FEMALE WORKOUT

NUTRITION PLAN for MEN

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

TRANSFORMATION - 30 NUTRITION

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 <i>(Mix it a cold water bottle and sip it through out the workout)</i>		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 Protinex -240ml Almond 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 -1slice 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

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 <i>(Mix it a cold water bottle and sip it through out the workout)</i>	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 LUNCH 3-4PM	CHICKEN SALAD -100g Grilled or boiled Chicken -1cup Cucumber -1c Green Leaves or Lettuce or Cabbage -1 large Carrot	PANEER BHURJI -80g Paneer -2 Roti - ½ Cucumber -1g CLA Supplement

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	<ul style="list-style-type: none"> -3sp Tomato -1 Whole Egg -20g Walnut -1sp Vinegar -Avocado & Broccoli (option) -Non Fat Ranch (optional) -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	<p>BANANA PROTEIN</p> <ul style="list-style-type: none"> -1 Banana -1sp Peanut Butter -1sp Peanuts -1sp Whey (or 2sp Protinex) 	<p>OATS COOKIES & CHANNE</p> <ul style="list-style-type: none"> -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	<p>VEGGIE BOWL with Chicken</p> <ul style="list-style-type: none"> - 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 	<p>SCRAMBLED EGGS & RICE</p> <ul style="list-style-type: none"> -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	<p>CASEIN MILK PROTEIN</p> <ul style="list-style-type: none"> -2/3sp Casein or Whey or Protinex -240mlAlmond Milk (coconut or non fat milk) -2sp Ground Flaxseeds -Pinch Cinnamon - 1g CLA Supplement 	<p>CASEIN MILK PROTEIN</p> <ul style="list-style-type: none"> -2/3sp Casein or Whey or Protinex -240ml Low fat Milk -1sclce 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

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 -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk	NO WORKOUT
DURING W/O	DURING W/O SUPPLEMENT (or No)	

TRANSFORMATION - 30 NUTRITION

6:30-7:30	Supplement just water) -1scoop Xtend -750ml Cold Water <i>(Mix it a cold water bottle and sip it through out the workout)</i>	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 -1slice 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

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 <i>(Mix it a cold water bottle and sip it through out the workout)</i>	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 LUNCH 3-4PM	BEAN SALAD -1/2 Kidney Beans -1cup Cucumber -1c Green Leaves or Lettuce or Cabbage -1 large Carrot	PANEER BHURJI -80g Paneer -2 Roti - ½ Cucumber -1g CLA Supplement

TRANSFORMATION - 30 NUTRITION

	-3sp Tomato -50g Paneer -20g Walnut -1sp Vinegar -Avocado & Broccoli (option) -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 Protinex -240ml Almond 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 -1slice 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

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
- ❖ SLEEP 8HOURS MINIMUM
- ❖ DRINK 10-12 GLASS OF WATER (3-4LITERS)