

TRANSFORMATION-30

MALE & FEMALE WORKOUT

NUTRITION PLAN for WOMEN

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 -1sp Protinex -1/2 cup Oats -1/3 Banana -1sp Chia Seeds -2g Cinnamon -2 Boiled Egg Whites -1 Revital for Women | SUPER OATS -1sp Protinex -1/2 cup Oats -1/2 Banana -2g Cinnamon -1 Revital for Women |
| MEAL 2 SNACK 11-12PM | OMELETE -3 Egg Whites -1 Orange or Pear Or Apple | BREAD OMELETE -2 Egg Whites -1 Slice Wheat Bread |
| MEAL 3 LUNCH 2-3PM | CHICKEN SALAD -50g Grilled or boiled Chicken -1/2 cup Cucumber -1c Green Leaves or Lettuce or Cabbage -1 large Carrot -2sp Tomato -15g Walnut -1sp Vinegar -Avocado & Broccoli (option) -Non Fat Ranch (optional) | PANEER BHURJI -50g Paneer -1 Roti - ½ Cucumber |
| MEAL 4 SNACK 4-5PM | BANANA PROTEIN -1 Banana -1sp Peanut Butter -1sp Peanuts -1sp Protinex | ROASTED CHANNE -1cup Dry Roasted Back Channe -2 Egg Whites |
| PRE W/O 6PM | PRE W/O SUPPLEMENT -1scoop Amino Energy -200ml Cold Water | |

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| | <p>OR</p> <p>PRE W/O WITHOUT SUPPLEMENT</p> <ul style="list-style-type: none"> -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk | NO WORKOUT |
| 6:30-7:30 | WORKOUT | |
| POST W/O 7:30PM | <p>POST W/O DRINK</p> <ul style="list-style-type: none"> -3 Boiled Egg Whites -240ml Non fat milk | NO WORKOUT |
| <p>MEAL 5</p> <p>DINNER</p> <p>8:30-9PM</p> | <p>VEGGIE BOWL with Chicken</p> <ul style="list-style-type: none"> - 1/3 cup Brown Rice - 50g Chicken Breast (or boiled) - ½ Chick Peas -½ Green Bell Pepper - ½cup Cauliflower -2sp Green Onion(or Red Onion) -2sp Tomato - ½ Lemon - ½ Coconut Oil -1sp Ketchup -Salt/Pepper/Garlic Power -1g Fish Oil Supplement (optional) | <p>SCRAMBLED EGGS & RICE</p> <ul style="list-style-type: none"> -2 Egg Whites - ½ cup Brown Rice (Make Scrambled Eggs then add cooked brown rice, little bit salt and pepper) 1g Fish Oil Supplement (optional) |
| <p>MEAL 6</p> <p>BEFORE BED</p> <p>11PM</p> | <p>ALMOND MILK</p> <ul style="list-style-type: none"> -240ml non fat milk -12 Almonds (crushed) -1 green Cardamoms -Pinch Cinnamon (Boil milk and add everything) | <p>ALMOND MILK</p> <ul style="list-style-type: none"> -240ml non fat milk -12 Almonds (crushed) -1 green Cardamoms -Pinch Cinnamon (Boil milk and add everything) |
| TOTAL | CAL-1530 P-150 C-120 F-50 | CAL-1506 P-100 C-200 F-34 |

TRANSFORMATION - 30 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 |
| 7:30-8:30 | WORKOUT | |
| POST W/O 8:30AM | POST W/O DRINK -3 Boiled Egg Whites -240ml Non fat milk | NO WORKOUT |

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| MEAL 1 BREAKFAST 9:30AM | SUPER OATS -1sp Protinex -1/2 cup Oats -1/3 Banana -1sp Chia Seeds -2g Cinnamon -2 Boiled Egg Whites -1 <i>Revital for Women</i> | SUPER OATS -1sp Protinex -1/2 cup Oats -1/2 Banana -2g Cinnamon -1 <i>Revital for Women</i> |
| MEAL 2 SNACK 12-1PM | OMELETE -3 Egg Whites -1 Orange or Pear Or Apple | BREAD OMELETE -2 Egg Whites -1 Slice Wheat Bread |
| MEAL 3 LUNCH 3-4PM | CHICKEN SALAD -50g Grilled or boiled Chicken -1/2 cup Cucumber -1c Green Leaves or Lettuce or Cabbage -1 large Carrot -2sp Tomato -15g Walnut -1sp Vinegar -Avocado & Broccoli (option) -Non Fat Ranch (optional) | PANEER BHURJI -50g Paneer -1 Roti - ½ Cucumber |
| MEAL 4 SNACK 5-6PM | BANANA PROTEIN -1 Banana -1sp Peanut Butter -1sp Peanuts | ROASTED CHANNE -1cup Dry Roasted Back Channe -2 Egg Whites |

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| | -1sp Protinex | |
| MEAL 5 DINNER 8-9PM | <p>VEGGIE BOWL with Chicken</p> <ul style="list-style-type: none"> - 1/3 cup Brown Rice - 50g Chicken Breast (or boiled) - ½ Chick Peas -½ Green Bell Pepper - ½cup Cauliflower -2sp Green Onion(or Red Onion) -2sp Tomato - ½ Lemon - ½ Coconut Oil -1sp Ketchup -Salt/Pepper/Garlic Power -1g Fish Oil Supplement (optional) | <p>SCRAMBLED EGGS & RICE</p> <ul style="list-style-type: none"> -2 Egg Whites - ½ cup Brown Rice (Make Scrambled Eggs then add cooked brown rice, little bit salt and pepper) 1g Fish Oil Supplement (optional) |
| MEAL 6 BEFORE BED 10-11PM | <p>ALMOND MILK</p> <ul style="list-style-type: none"> -240ml non fat milk -12 Almonds (crushed) -1 green Cardamoms -Pinch Cinnamon (Boil milk and add everything) | <p>ALMOND MILK</p> <ul style="list-style-type: none"> -240ml non fat milk -12 Almonds (crushed) -1 green Cardamoms -Pinch Cinnamon (Boil milk and add everything) |
| TOTAL | CAL-1530 P-150 C-120 F-50 | CAL-1506 P-100 C-200 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 Protinex -1/2 cup Oats -1/3 Banana -1sp Chia Seeds -2g Cinnamon -1 Revital for Women | SUPER OATS -1sp Protinex -1/2 cup Oats -1/2 Banana -2g Cinnamon -1 Revital for Women |
| MEAL 2 SNACK 11-12PM | PROTEIN DRINK -1cup Non fat Milk -1 Orange or Pear Or Apple | PEANUT BUTTER TOAST -1slice Wheat Bread -1sp Peanut Butter -240ml Non fat Milk |
| 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) | PANEER BHURJI -50g Paneer -1 Roti - ½ Cucumber |
| MEAL 4 SNACK 4-5PM | BANANA PROTEIN -1 Banana -1sp Peanut Butter -1sp Peanuts -1sp Protinex | ROASTED CHANNE -1cup Dry Roasted Back Channe -1cup non fat milk |
| 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 |
| 7:30-8:30 | WORKOUT | |
| POST W/O 7:30PM | POST W/O DRINK -240ml Non fat milk | NO WORKOUT |
| MEAL 5 | VEGGIE BOWL with Soy Chunks | LENTIL & RICE |

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| <p>DINNER 8:30-9PM</p> | <ul style="list-style-type: none"> - ½cup Brown Rice -30g Soy Chunks - ½ Chic Peas -½ Green Bell Pepper - ½cup Cauliflower -2sp Green Onion -2sp Tomato - ½ Lemon - ½ Coconut Oil -1sp Ketchup -Salt/Pepper/Garlic Power -1g Flaxseed Oil Supplement (optional) | <ul style="list-style-type: none"> -½cup cooked Black Lentil -1cup low fat yogurt - ½cup Brown Rice -1g Flaxseed Oil Supplement (optional) |
| <p>MEAL 6 BEFORE BED 11PM</p> | <p>ALMOND MILK</p> <ul style="list-style-type: none"> -240ml non fat milk -12 Almonds (crushed) -1 green Cardamoms -Pinch Cinnamon (Boil milk and add everything) | <p>ALMOND MILK</p> <ul style="list-style-type: none"> -240ml non fat milk -12 Almonds (crushed) -1 green Cardamoms -Pinch Cinnamon (Boil milk and add everything) |
| <p>TOTAL</p> | <p>CAL-1490 P-140 C-120 F-50</p> | <p>CAL-1530 P-101 C-205 F-34</p> |

TRANSFORMATION - 30 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 | WORKOUT | |
| POST W/O 9:00AM | POST W/O DRINK -240ml Non fat milk | NO WORKOUT |

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| MEAL 1 BREAKFAST 10AM | SUPER OATS -1sp Protinex -1/2 cup Oats -1/3 Banana -1sp Chia Seeds -2g Cinnamon -1 <i>Revital for Women</i> | SUPER OATS -1sp Protinex -1/2 cup Oats -1/2 Banana -2g Cinnamon -1 <i>Revital for Women</i> |
| MEAL 2 SNACK 12-1PM | PROTEIN DRINK -1cup Non fat Milk -1 Orange or Pear Or Apple | PEANUT BUTTER TOAST -1slice Wheat Bread -1sp Peanut Butter -240ml Non fat Milk |
| MEAL 3 LUNCH 3-4PM | 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) | PANEER BHURJI -50g Paneer -1 Roti - ½ Cucumber |
| MEAL 4 SNACK 5-6PM | BANANA PROTEIN -1 Banana -1sp Peanut Butter -1sp Peanuts -1sp Protinex | ROASTED CHANNE -1cup Dry Roasted Back Channe -1cup non fat milk |

TRANSFORMATION - 30 NUTRITION

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|---|--|---|
| MEAL 5 DINNER 7-8PM | VEGGIE BOWL with Soy Chunks - ½cup Brown Rice -30g Soy Chunks - ½ Chic Peas -½ Green Bell Pepper - ½cup Cauliflower -2sp Green Onion -2sp Tomato - ½ Lemon - ½ Coconut Oil -1sp Ketchup -Salt/Pepper/Garlic Power -1g Flaxseed Oil Supplement (optional) | LENTIL & RICE -½cup cooked Black Lentil -1cup low fat yogurt - ½cup Brown Rice -1g Flaxseed Oil Supplement (optional) |
| MEAL 6 BEFORE BED 10PM | ALMOND MILK -240ml non fat milk -12 Almonds (crushed) -1 green Cardamoms -Pinch Cinnamon (Boil milk and add everything) | ALMOND MILK -240ml non fat milk -12 Almonds (crushed) -1 green Cardamoms -Pinch Cinnamon (Boil milk and add everything) |
| TOTAL | CAL-1490 P-140 C-120 F-50 | CAL-1530 P-101 C-205 F-34 |

INFORMATION:

- ❖ **WATCH ALL THE NUTRITION VIDEOS ON MY [HEALTH AND FITNESS](#) YOUTUBE CHANNEL [SHREDDED NEXT LEVEL NUTRITION]**
- ❖ **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 NUTS AND APPLE WITH YOU INCASE YOU SKIP ANY MEAL**
- ❖ **SLEEP 8HOURS MINIMUM**
- ❖ **DRINK 8-10 GLASS OF WATER (3-4LITERS)**

GURU MANN

Advanced Fitness Trainer, CERTIFIED
 Nutrition Specialist, CERTIFIED
 Strength & Conditioning Specialist, CERTIFIED
 Cancer Nutritionist, CERTIFIED
 Sports Nutritionist, CERTIFIED
 NASM-CPT/FNS
 ASFA-APT/CNC
 ISSA-CSCS/CSN
 ACSM-CNC
 Biomechanics / Kinesiology | Human Kinetics, Degree
 Exercise & Sports Science | Degree
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