TRANSFORMATION-30 MALE & FEMALE WORKOUT

NUTRITION PLAN for WOMEN

NON-VEG PLAN BASED ON EVENING WORKOUT

| LIME | WURKUUT DAYS | NUN WUKKUUI DAY |
|-----------|--|-------------------------------|
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| WAKING UP | DETOX JUICE (Twice a week) | |
| MEAL 1 | SUPER OATS | SUPER OATS |
| | -1sp Protinex | -1sp Protinex |
| BREAKFAST | -1/2 cup Oats | -1/2 cup Oats |
| 8-9AM | -1/3 Banana | -1/2 Banana |
| | -1sp Chia Seeds | -2g Cinnamon |
| | -2g Cinnamon | -1 Revital for Women |
| | -2 Boiled Egg Whites | 4 A Y |
| | -1 Revital for Women | |
| | | |
| MEAL 2 | OMELETE | BREAD OMELETE |
| SNACK | -3 Egg Whites | -2 Egg Whites |
| 11-12PM | -1 Orange or Pear Or Apple | 1 Slice Wheat Bread |
| | \ | |
| MEAL 3 | CHICKEN SALAD | PANEER BHURJI |
| | -50g Grilled or boiled Chicken | -50g Paneer |
| | -1/2 cup Cucumber | -1 Roti |
| | -1c Green Leaves or Lettuce or Cabbage | - ½ Cucumber |
| LUNCH | -1 large Carrot | |
| 2-3PM | -2sp Tomato | |
| | -15g Walnut | |
| | -1sp Vinegar | |
| | -Avocado & Broccoli (option) | |
| | -Non Fat Ranch (optional) | |
| | | |
| MEAL 4 | BANANA PROTEIN | ROASTED CHANNE |
| | -1 Banana | -1cup Dry Roasted Back Channe |
| SNACK | -1sp Peanut Butter | -2 Egg Whites |
| 4-5PM | -1sp Peanuts | |
| | -1sp Protinex | |

| PRE W/O | PRE W/O SUPPLEMENT | |
|---------|----------------------|--|
| 6PM | -1scoop Amino Energy | |
| | -200ml Cold Water | |

| 6:30-7:30 | OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk WORKOUT | | NO WORKOUT NO WORKOUT |
|------------------------|--|--|------------------------|
| POST W/O 7:30PM | POST W/O DRINK -3 Boiled Egg Whites -240ml Non fat milk | | NO WORKOUT |
| MEAL 5 DINNER 8:30-9PM | VEGGIE BOWL with Chicken - 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) | SCRAMBLED EGGS & -2 Egg Whites - ½ cup Brown Rice (Make Scrambled Eggs then little bit salt and pepper) 1g Fish Oil Supplem | add cooked brown rice, |
| MEAL 6 BEFORE BED 11PM | 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 (crushe -1 green Cardamoms -Pinch Cinnamon (Boil | |
| TOTAL | CAL-1530 P-150 C-120 F-50 | CAL-1506 P-100 | |

NON-VEG PLAN BASED ON MORNING WORKOUT

| TIME WORKOUT DAYS NON WORKOUT DAY |
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| 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 | | NO WORKOUT |
| | PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk | | |
| 7:30-8:30 | WORKOUT | | NO WORKOUT |
| POST W/O 8:30AM | POST W/O DRINK -3 Boiled Egg Whites -240ml Non fat milk | 7 | NO WORKOUT |

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|-----------|--|-------------------------------|---|
| MEAL 1 | SUPER OATS | SUPER OATS | |
| | -1sp Protinex | -1sp Protinex | |
| BREAKFAST | -1/2 cup Oats | -1/2 cup Oats | |
| 9:30AM | -1/3 Banana | -1/2 Banana | |
| | -1sp Chia Seeds | -2g Cinnamon | |
| | -2g Cinnamon | -1 Revital for Women | |
| | -2 Boiled Egg Whites | | |
| | -1 Revital for Women | | |
| | | | |
| MEAL 2 | OMELETE | BREAD OMELETE | |
| SNACK | -3 Egg Whites | -2 Egg Whites | |
| 12-1PM | -1 Orange or Pear Or Apple | -1 Slice Wheat Bread | |
| | | | |
| MEAL 3 | CHICKEN SALAD | PANEER BHURJI | |
| 11212 | -50g Grilled or boiled Chicken | -50g Paneer | |
| | -1/2 cup Cucumber | -1 Roti | |
| LUNCH | -1c Green Leaves or Lettuce or Cabbage | - ½ Cucumber | |
| 3-4PM | -1 large Carrot | | |
| | -2sp Tomato | | |
| | -15g Walnut | | |
| | -1sp Vinegar | | |
| | -Avocado & Broccoli (option) | | |
| | -Non Fat Ranch (optional) | | |
| | | | |
| MEAL 4 | BANANA PROTEIN | ROASTED CHANNE | |
| | -1 Banana | -1cup Dry Roasted Back Channe | |
| SNACK | -1sp Peanut Butter | -2 Egg Whites | |
| 5-6PM | -1sp Peanuts | | |

| | -1sp Protinex | |
|----------------------------|---|--|
| MEAL 5 DINNER 8-9PM | VEGGIE BOWL with Chicken - 1/3 cup Brown Rice - 50g Chicken Breast (or boiled) - ½ Chick Peas - ½ Green Bell Pepper - ½ cup 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) | SCRAMBLED EGGS & RICE -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 | 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-1530 P-150 C-120 F-50 | CAL-1506 P-100 C-200 F-34 |

VEG PLAN BASED ON EVENING WORKOUT WORKOUT DAYS NON WORK

| SUPER OATS -1sp Protinex -1/2 cup Oats -1/2 Banana -2g Cinnamon -1 Revital for Women |
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| -1sp Protinex -1/2 cup Oats -1/2 Banana -2g Cinnamon |
| -1sp Protinex -1/2 cup Oats -1/2 Banana -2g Cinnamon |
| -1/2 cup Oats -1/2 Banana -2g Cinnamon |
| -1/2 Banana -2g Cinnamon |
| -2g Cinnamon |
| |
| -1 Revital for Women |
| (5) |
| |
| |
| PEANUT BUTTER TOAST |
| -1slice Wheat Bread |
| -1sp Peanut Butter |
| -240ml Non fat Milk |
| |
| PANEER BHURJI |
| -50g Paneer |
| -1 Roti |
| - ½ Cucumber |
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| |
| ROASTED CHANNE |
| -1cup Dry Roasted Back Channe |
| -1cup non fat milk |
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| |

| 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 | | NO WORKOUT |
| POST W/O 7:30PM | POST W/O DRINK -240ml Non fat milk | NO WO | PRKOUT |
| MEAL 5 | VEGGIE BOWL with Soy Chunks | LENTIL & RICE | |

| DINNER 8:30-9PM | - 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 | -½cup cooked Black Lentil -1cup low fat yogurt -½cup Brown Rice -1g Flaxseed Oil Supplement (optional) |
|--------------------|--|--|
| | - ½ Lemon | |
| | -1sp Ketchup | |
| | -Salt/Pepper/Garlic Power -1g Flaxseed Oil Supplement (optional) | cS |
| MEAL 6 | ALMOND MILK | ALMOND MILK |
| BEFORE BED | -240ml non fat milk -12 Almonds (crushed) | -240ml non fat milk -12 Almonds (crushed) |
| 11PM | -1 green Cardamoms -Pinch Cinnamon (Boil milk and add everything) | -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 |

VEG PLAN BASED ON MORNING WORKOUT

DETOX JUICE (Twice a week)

PRE W /O SUPPLEMENT

WAKING UP

6:30AM

LUNCH

3-4PM

MEAL 4

SNACK 5-6PM -1 large Carrot

-Avocado & Broccoli (option)

BANANA PROTEIN

-1 Banana -1sp Peanut Butter

-1sp Peanuts -1sp Protinex

-3sp Tomato -50g Paneer -20g Walnut -1sp Vinegar

| TIME | WORKOUT DAYS | NON WORKOUT DAY |
|------|--------------|-----------------|
|------|--------------|-----------------|

| 7AM | -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 | NO WORKOUT |
| POST W/O | POST W/O DRINK | No vice vice vice |
| 9:00AM | -240ml Non fat milk | NO WORKOUT |
| | | , , , , , , , , , , , , , , , , , , , |
| MEAL 1 | SUPER OATS | SUPER OATS |
| | -1sp Protinex | -1sp Protinex |
| BREAKFAST | -1/2 cup Oats | -1/2 cup Oats |
| 10AM | -1/3 Banana | -1/2 Banana |
| | -1sp Chia Seeds | -2g Cinnamon |
| | -2g Cinnamon | -1 Revital for Women |
| | -1 Revital for Women | |
| MEAL 2 | PROTEIN DRINK | PEANUT BUTTER TOAST |
| SNACK | -1cup Non fat Milk | -1slice Wheat Bread |
| 12-1PM | -1 Orange or Pear Or Apple | -1sp Peanut Butter |
| | | -240ml Non fat Milk |
| | 4 | |
| MEAL 3 | BEAN SALAD | PANEER BHURJI |
| | -1/2 Kidney Beans | -50g Paneer |
| | -1cup Cucumber | -1 Roti |
| LUNCH | -1c Green Leaves or Lettuce or Cabbage | - ½ Cucumber |

ROASTED CHANNE

-1cup non fat milk

-1cup Dry Roasted Back Channe

| MEAL 5 | VEGGIE BOWL with Soy Chunks | LENTIL & RICE |
|------------|--|--|
| | - ½cup Brown Rice | -½cup cooked Black Lentil |
| DINNER | -30g Soy Chunks | -1cup low fat yogurt |
| 7-8PM | - ½ Chic Peas | - ½cup Brown Rice |
| | -½ Green Bell Pepper | -1g Flaxseed Oil Supplement |
| | - ½cup Cauliflower | (optional) |
| | -2sp Green Onion | |
| | -2sp Tomato | |
| | - ½ Lemon | |
| | - ½ Coconut Oil | |
| | -1sp Ketchup | |
| | -Salt/Pepper/Garlic Power | 200 |
| | -1g Flaxseed Oil Supplement | |
| | (optional) | |
| | | |
| MEAL 6 | ALMOND MILK | ALMOND MILK |
| | -240ml non fat milk | -240ml non fat milk |
| BEFORE BED | -12 Almonds (crushed) | -12 Almonds (crushed) |
| 10PM | -1 green Cardamoms | -1 green Cardamoms |
| | -Pinch Cinnamon (Boil milk and add everything) | -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 I Human Kinetics, Degree

Exercise & Sports Science | Degree UNITES STATES.