



ULTRA SHREDDED

8 WEEKS FAT LOSS NUTRITION PLAN

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| EMPTY STOMACH 7:30AM | SUPPLEMENT 1 Capsule ULTRA SHREDDED with 240ml water | SUPPLEMENT 1 Capsule ULTRA SHREDDED with 240ml water |
| TIME | WORKOUT DAYS – LOW CARBS (MON-FRI) | RECOVERY DAY – MODERATE CARBS (SAT-SUN) |
| BREAKFAST 8-9AM | SCRAMBLED EGGS & NUTS -6 Egg Whites -1/2 cup Kidney Beans -2sp Onions -2sp Tomato -1 handful Spinach -3sp Peanuts | OATS -1/2 cup Oats -1/2 Apple -2sp Raisins -2sp Peanuts -4 Boiled Egg Whites |
| SNACK 1 10-11AM | PROTEIN CUPCAKE -Protein Cup Cake -1 cup Green Tea (Watch Video on YouTube Channel) | PROTEIN CUPCAKE -Protein Cup Cake -1 cup Green Tea (Watch Video on YouTube Channel) |
| B4 LUNCH 12:30PM | SUPPLEMENT 1 Capsule ULTRA SHREDDED with 240ml water | SUPPLEMENT 1 Capsule ULTRA SHREDDED with 240ml water |
| LUNCH 1-2PM | CHICKEN & VEGETABLES -100g Grilled Chicken -1/2 cup Kidney Beans -30g Sweet Potato (Optional) -1/2 cup Green Beans -1/2 cup Green Bell Pepper -1/2 cup Broccoli (or Cauliflower) -2sp Onion -2sp Tomato | MIXED BEANS & RICE -1/2 Chickpeas -1/2 cup Kidney Beans -1 cup Rice -1/2 cup Green Beans -1/2 cup Green Bell Pepper -1/2 cup Broccoli (or Cauliflower) -2sp Onion -2sp Tomato |
| SNACK 2 3-4PM | CHANNE & MILK -1 cup Roasted Chickpeas -1 cup Low Fat Milk | BANANA BREAD TOAST -2 Slice Wheat Bread -1sp Peanut Butter - 1/2 Banana |
| PRE W/O 5PM | PRE W/O SUPPLEMENT -1scoop any pre-workout -200ml Cold Water OR PRE W/O WITHOUT SUPPLEMENT -1/2tbs Coffee (Nescafe) -240ml Hot Water | |
| WORKOUT | | |
| POST W/O 6-7PM | POST W/O SUPPLEMENT -1-2scoop Whey Protein -300ml Cold Water (or 2sp Protinex in Milk) -1 Banana | |

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| | OR POST W/O WITHOUT SUPPLEMENT -300ml non fat milk -1 Banana | |
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| DINNER 7-8PM | ROTI BEANS ROLL -120g Paneer -1 Large Roti -2sp Onions -2sp Tomato -½ Peach (Optional) -30g Boiled Potato -2sp Yogurt -¼ cup Non Fat Cheese (Optional) -1sp Ketchup -Salt/Pepper/Garlic Power | PANEER BHURJI & ROTI -1 50g Paneer bhurji -2sp Onions -2sp Tomato -2 Roti -1 cup Low Fat Yogurt -Salt/Pepper/Garlic Power |
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| BEFORE BED 10-11PM | MILK & NUTS -10 Almonds or Walnuts -1 cup Low Fat Milk | MILK & NUTS -10 Almonds or Walnuts -1 cup Low Fat Milk |
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NOTE: You can take 1-2 Capsules 30minute before Breakfast and 30minute before Lunch.
 If you are caffeine sensitive then take it with food (Breakfast and Lunch)

