



## NUTRITION PLAN

**CATAGORY:** OVER WEIGHT

**AGE:** 18 TO 50 YEARS

**ACTIVITY:** BODY WEIGHT WORKOUT

**NUTRITION:** VEG & NON-VEG

**MEALS:** 5

DESIGNED & CREATED BY GURU MANN

POWERED BY GM NUTRITION

PRESENTED BY T-SERIES





## Obesity, The high risk of health problems are

- Heart Disease
- High Blood Pressure
- High Cholesterol
- Type 2 Diabetes
- Colon Cancer

In India, people eat more calories and their physical activity is less. Back in 90's majority of people were slim because at that time Fast Food, processed food hasn't hit the India market compare to this decade. People used to eat home made fresh food at home and work. Today Indian market is full of processed food, Fast Food, international junk food franchise, unhealthy restaurant, etc, now people eat out a lot and even they order these junk food at home. All these food are poor in quality, loaded with unhealthy fats and oil, high salty food, high sugary food, etc which makes people unhealthy and sick. On top of that people sit front of TV, computer for hours and hours with no physical activity.

Now solution of Obesity is to **FIX THE NUTRITION.**



- Eat more Fruits and Vegetables
- Reduce the unhealthy fatty food
- Avoid soft drinks, packed juices and drink plenty of water instead.
- Eat well cooked home made food rather than eating out.

Secondly we need to add **PHYSICAL ACTIVITY**



- Morning Walk
- Evening Walk at the park
- Jogging, Gym workout
- Yoga
- Body Weight Home workout

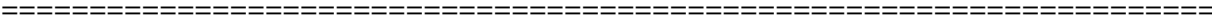
# WEIGHT LOSS X NUTRITION PLAN

	MONDAY & THURSDAY	TUESDAY / FRIDAY & SUNDAY	WEDNESDAY & SATURDAY
<b>WATER</b>	500ML UPON WAKING UP	500ML UPON WAKING UP	500ML UPON WAKING UP
<b>BREAKFAST 8AM</b>	- 40g WHOLE GRAIN CEREALS - LOW FAT MILK	- 2 SLICE WHEAT BREAD - LOW FAT MILK	- 2 EGG OMELETE - LOW FAT MILK
<b>WATER</b>	250ML 30MIN AFTER BREAKFAST 250ML 30MIN BEFORE SNACK	250ML 30MIN AFTER BREAKFAST 250ML 30MIN BEFORE SNACK	250ML 30MIN AFTER BREAKFAST 250ML 30MIN BEFORE SNACK
<b>SNACK 11AM</b>	- 1 APPLE - 1 PEAR	- 1 CUP GRAPES - 1 KIWI	- 1 ORANGE - 1 CUP PAPAYA
<b>WATER</b>	250ML 30MIN AFTER SNACK 250ML 30MIN BEFORE LUNCH	250ML 30MIN AFTER SNACK 250ML 30MIN BEFORE LUNCH	250ML 30MIN AFTER SNACK 250ML 30MIN BEFORE LUNCH
<b>LUNCH 2PM</b>	- 1 BOWL LENTIL - 1 ROTI - 1 PLATE MIXED SALAD	- 1 BOWL RAJAMA - 1 ROTI - 1 PLATE MIXED SALAD	- 1 BOWL CHANNE - 1 ROTI - 1 PLATE MIXED SALAD
<b>WATER</b>	250ML 30MIN AFTER LUNCH 250ML 30MIN BEFORE SNACK	250ML 30MIN AFTER LUNCH 250ML 30MIN BEFORE SNACK	250ML 30MIN AFTER LUNCH 250ML 30MIN BEFORE SNACK
<b>SNACK 5PM</b>	- 20 ALMONDS - 1 CUP COFFEE/TEA	- 4 FULL WALNUTS - 1 CUP COFFEE/TEA	- 20 CASHEWS - 1 CUP COFFEE/TEA
<b>WATER</b>	250ML 30MIN AFTER SNACK 250ML 30MIN BEFORE DINNER	250ML 30MIN AFTER SNACK 250ML 30MIN BEFORE DINNER	250ML 30MIN AFTER SNACK 250ML 30MIN BEFORE DINNER
<b>DINNER 8PM</b>	- 1 BOWL GREEN BEANS - 1 ROTI - 1 PLATE MIXED SALAD	- 1 BOWL BELL PEPPER - 1 ROTI - 1 PLATE MIXED SALAD	- 1 BOWL PANEER BHURJI & PEAS - 1 ROTI - 1 PLATE MIXED SALAD
<b>WATER</b>	250ML 30MIN AFTER DINNER	250ML 30MIN AFTER DINNER	250ML 30MIN AFTER DINNER

<b>POST WORKOUT</b>	- 250ML MILK <b>(or 1scoop Whey HQ Isolate in water)</b>	- 4 BOILED EGG WHITES <b>(or 1scoop Whey HQ Isolate in water)</b>	- 250ML MILK - 2 BOILED EGG WHITES <b>(or 1scoop Whey HQ Isolate in water)</b>
<b>NOTE:</b> WHENEVER YOU WORKOUT JUST TAKE THIS AFTER EXERCISE	250ML WATER SIP IT DURING WORKOUT	250ML WATER SIP IT DURING WORKOUT	250ML WATER SIP IT DURING WORKOUT

## IMPORTANT TIPS

1. Its around 1600 calories nutrition plan which can be increased or decreased based on your performance and result.
2. Do not put yourself in starvation mode, Eat meal in every 2.5 to 3 hours. We have to kick start the metabolism, if we skip meals then our metalbolism will drop down and cause weight gain.
3. If you are Non Vegetarian then you can also add eggs in the morning, grilled chicken in the afternoon.
4. At lunch, plain yogurt can be added.
5. Variary of other seasonal vegetables can be added as well, like: Spincah, carrots, raddish, cabbage, cauliflower, mashrooms, etc.
6. Use Pure Olive oil for cooking instead of ghee, refind oil, or mustard oil. Getting fat from oil in moderation is Key to loose weight and staying heart healthy in future.
7. Coffee can be added once a day. Green Tean can be added 1-2 times as well.
8. First of all No need to add any supplement. If you really want to add it then you can add: Multivitamins and Whey HQ Isolate supplements (Again that's OPTIONAL).



# HOME WORKOUT PLAN

DAYS	SPLIT
MONDAY	BODYWEIGHT WORKOUT
TUESDAY	JOGGING
WEDNESDAY	BODYWEIGHT WORKOUT
THURSDAY	JOGGING
FRIDAY	BODYWEIGHT WORKOUT
SATURDAY	JOGGING
SUNDAY	OFF OR BRISK WALK

MON/WED/FRI	EXERCISE	TIMES	ROUNDS
CIRCUIT 1	1A. JUMPING JACK 1B. HALF BURPEES 1C. BIRD DIG	1 MINUTE 1 MINUTE 1 MINUTE	3
CIRCUIT 2	2A. LOW STEP UP 2B. INCLINE PUSHUPS 2C. PLANKS	1 MINUTE 1 MINUTE 1 MINUTE	3
CIRCUIT 3	3A. CHAIR SQUAT 3B. STICK UP 3C. SIDE PLANKS	1 MINUTE 1 MINUTE 1 MINUTE	3

**NOTE:** 1 MINUTE REST AFTER EACH ROUND & 1MIN REST AFTER EACH CIRCUIT

TUES/THUR/SAT	JOGGING (at House or park or gym)	MORNING OR EVENING	60 MINS
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## IMPORTANT TIPS

- Do 20-30sec jogging for warm-up before starting the exercise routine
- Perform 3 rounds in each circuit. Each round has 3 exercises, perform 3 it without any rest. Take 1 minute rest after each round.
- If you get tired within 1 minute exercise then do it little slowly, in next few weeks your stamina will build where you won't get tired.
- Sip water during the rest period.
- Use carpet or Matt to perform exercises to avoid any kind of scratches on the kness and elbows.
- Drink Green Tea or Black coffee 30 min before exercise.
- Drink low fat milk or Whey Protein Isolate 10 mins after exercise.
- Do outdoor jogging or indoor jogging or 60mins incline walk on treadmill.
- Avoid exercising under the fan or cooler.

If you workout in the gym then you can follow any of my program below:

- **Muscular 8**
- **6 Week Shredded**
- **Muscle Mann**