

YOGA DIET

DESIGNED & CREATED BY GURU MANN

NUTRITION PLAN for MEN

NON-VEG PLAN BASED ON EVENING YOGA

| TIME | YOGA DAYS | NON YOGA 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 |

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ISSA/ASFA/NASM/ACE Level-III CERTIFIED | Biomechanics & Kinesiology – Human Kinetic
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YOGA DIET PLAN

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|---|---|--|----------------------------------|
| PRE YOGA 6PM | PRE YOGA -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk | | NO YOGA |
| DURING W/O 6:30-7:30 | -400ml Cold Water | | NO YOGA |
| POST W/O 7:30PM | POST YOGA SUPPLEMENT -1-2scoop Whey Protein -240ml cold water or 1sp(200ml) Gatorade OR POST YOGA WITHOUT SUPPLEMENT -6 Boiled Egg Whites -240ml Non fat milk | | NO YOGA |
| 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 -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 -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 |

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YOGA DIET PLAN

NON-VEG PLAN BASED ON MORNING YOGA

| TIME | YOGA DAYS | NON YOGA DAY |
|--|---|---|
| WAKING UP 6:30AM | DETOX JUICE (Twice a week) | |
| PRE YOGA 7:00AM | PRE YOGA -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk | NO YOGA |
| DURING YOGA 7:30-9:00 | DURING YOGA 400ml Cold Water | NO YOGA |
| POST YOGA 9:00AM | POST YOGA SUPPLEMENT -1-2scoop Whey Protein -240ml cold water or 1sp(200ml) OR POST YOGA WITHOUT SUPPLEMENT -6 Boiled Egg Whites -240ml Non fat milk | NO YOGA |
| 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 -3sp Tomato -1 Whole Egg -20g Walnut -1sp Vinegar -Avocado & Broccoli (option) -Non Fat Ranch (optional) | PANEER BHURJI -80g Paneer -2 Roti - ½ Cucumber -1g CLA Supplement |

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YOGA DIET PLAN

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| | -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 | 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 | |
| MEAL 5 DINNER 8-9PM | 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 10-11PM | 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 -1sclisce 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 | |

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YOGA DIET PLAN

VEG PLAN BASED ON EVENING YOGA

| TIME | YOGA DAYS | NON YOGA 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 YOGA 6PM | PRE YOGA -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk | NO YOGA |
| DURING YOGA | DURING YOGA | |

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|--|---|--|--|
| 6:30-7:30 | -400ml Cold Water | NO YOGA | |
| POST YOGA 7:30PM | <p>POST YOGA SUPPLEMENT</p> <ul style="list-style-type: none"> -1-2scoop Whey Protein -240ml cold water or 1sp(200ml) Gatorade <p>OR</p> <p>POST YOGA WITHOUT SUPPLEMENT</p> <ul style="list-style-type: none"> -2sp Sugar Free Protinex -240ml Non fat milk | NO YOGA | |
| MACRO'S | CAL- 136 PRO-34G CARB-0G FAT-0G | | |
| MEAL 5 DINNER 8:30-9PM | <p>VEGGIE BOWL with Soy Chunks</p> <ul style="list-style-type: none"> - 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 | <p>LENTIL & RICE</p> <ul style="list-style-type: none"> -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 | <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 -1scllice 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 | |

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YOGA DIET PLAN

VEG PLAN BASED ON MORNING YOGA

| TIME | WORKOUT DAYS | NON WORKOUT DAY |
|-----------------------------|--|---|
| WAKING UP 6:30AM | DETOX JUICE (Twice a week) | |
| PRE YOGA 7AM | PRE YOGA -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk | NO YOGA |
| DURING YOGA 7:30-9:00 | DURING YOGA -750ml Cold Water | NO YOGA |
| POST YOGA 9:00AM | POST YOGA SUPPLEMENT -1-2scoop Prostar Whey Protein -240ml cold water or 1sp(200ml) Gatorade OR POST YOGA WITHOUT SUPPLEMENT -2sp Sugar Free Protinex -240ml Non fat milk | NO YOGA |
| 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 -3sp Tomato -50g Paneer -20g Walnut -1sp Vinegar | PANEER BHURJI -80g Paneer -2 Roti - ½ Cucumber -1g CLA Supplement |

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| | | | |
|---|---|--|--|
| | -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:

- ❖ 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 IN CASE YOU SKIP THE MEAL
- ❖ SLEEP 8 HOURS MINIMUM
- ❖ DRINK 10-12 GLASS OF WATER (3-4 LITERS)

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YOGA DIET PLAN

NUTRITION PLAN for WOMEN

NON-VEG PLAN BASED ON EVENING YOGA

| TIME | YOGA DAYS | NON YOGA 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 YOGA WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk | NO YOGA |
| 6:30-7:30 | YOGA | |

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YOGA DIET PLAN

| | | NO YOGA | |
|---|---|--|--|
| POST W/O 7:30PM | POST YOGA DRINK -3 Boiled Egg Whites -240ml Non fat milk | | |
| | | NO YOGA | |
| MEAL 5 DINNER 8:30-9PM | VEGGIE BOWL with Chicken - 1/3 cup Brown Rice - 50g Chicken Breast (or boiled) - 1/2 Chick Peas - 1/2 Green Bell Pepper - 1/2 cup Cauliflower - 2sp Green Onion(or Red Onion) - 2sp Tomato - 1/2 Lemon - 1/2 Coconut Oil - 1sp Ketchup - Salt/Pepper/Garlic Power - 1g Fish Oil Supplement (optional) | SCRAMBLED EGGS & RICE - 2 Egg Whites - 1/2 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 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 | |

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YOGA DIET PLAN

NON-VEG PLAN BASED ON MORNING YOGA

| TIME | YOGA DAYS | NON YOGA DAY |
|--|---|---|
| WAKING UP 6:30AM | DETOX JUICE (Twice a week) | |
| PRE YOGA 7:00AM | PRE YOGA WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk | NO YOGA |
| 7:30-8:30 | YOGA | NO YOGA |
| POST YOGA 8:30AM | POST W/O DRINK -3 Boiled Egg Whites -240ml Non fat milk | NO YOGA |
| 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 Revital for Women | SUPER OATS -1sp Protinex -1/2 cup Oats -1/2 Banana -2g Cinnamon -1 Revital for Women |
| 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 -1sp Protinex | ROASTED CHANNE -1cup Dry Roasted Back Channe -2 Egg Whites |

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YOGA DIET PLAN

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|---|---|--|--|
| MEAL 5 DINNER 8-9PM | VEGGIE BOWL with Chicken - 1/3 cup Brown Rice - 50g Chicken Breast (or boiled) - 1/2 Chick Peas - 1/2 Green Bell Pepper - 1/2 cup Cauliflower - 2sp Green Onion (or Red Onion) - 2sp Tomato - 1/2 Lemon - 1/2 Coconut Oil - 1sp Ketchup - Salt/Pepper/Garlic Power -1g Fish Oil Supplement (optional) | SCRAMBLED EGGS & RICE - 2 Egg Whites - 1/2 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 | |

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YOGA DIET PLAN

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 -1/2 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 |
| MACRO'S | CAL- 315 PRO-30G CARB-30G FAT-15G | CAL- 323 PRO-22G CARB-52G FAT-4G |
| PRE YOGA 6PM | PRE YOGA WITHOUT SUPPLEMENT -1/2tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk | NO YOGA |
| 7:30-8:30 | YOGA | NO YOGA |
| POST YOGA 7:30PM | POST YOGA DRINK -240ml Non fat milk | NO YOGA |
| MEAL 5 DINNER | VEGGIE BOWL with Soy Chunks - 1/2cup Brown Rice -30g Soy Chunks | LENTIL & RICE -1/2cup cooked Black Lentil -1cup low fat yogurt |

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YOGA DIET PLAN

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|---|--|---|--|
| 8:30-9PM | <ul style="list-style-type: none"> - 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 Brown Rice -1g Flaxseed Oil Supplement (optional) | |
| MEAL 6 BEFORE BED 11PM | ALMOND MILK -240ml non fat milk -12 Almonds (crushed) -1 green Cardamoms -Pinch Cinnamon <small>(Boil milk and add everything)</small> | ALMOND MILK -240ml non fat milk -12 Almonds (crushed) -1 green Cardamoms -Pinch Cinnamon <small>(Boil milk and add everything)</small> | |
| TOTAL | CAL-1490 P-140 C-120 F-50 | CAL-1530 P-101 C-205 F-34 | |

Designed & Created by Guru Mann

ISSA/ASFA/NASM/ACE Level-III **CERTIFIED** | Biomechanics & Kinesiology – Human Kinetic
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YOGA DIET PLAN

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 |
| MEAL 1 BREAKFAST 10AM | SUPER OATS -1sp Protinex -1/2 cup Oats -1/3 Banana -1sp Chia Seeds -2g Cinnamon <i>-1 Revital for Women</i> | SUPER OATS -1sp Protinex -1/2 cup Oats -1/2 Banana -2g Cinnamon <i>-1 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 |
| | | |

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YOGA DIET PLAN

| | | | |
|-------------------------------------|--|---|--|
| 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:

- ❖ 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 IN CASE YOU SKIP ANY MEAL
- ❖ SLEEP 8 HOURS MINIMUM
- ❖ DRINK 8-10 GLASS OF WATER (3-4 LITERS)

GURU MANN
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 Nutrition Specialist, CERTIFIED
 Strength & Conditioning Specialist, CERTIFIED
 Sports Nutritionist, CERTIFIED
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