



STYLITE

CUSTOM DIET PATTERN AS PER BODY TYPE



Coach: Mr. Gaurav Sipani
Name: Mr. Ishan Ishu
Age : 18 yrs.
Weight: 72 kgs
Height: 6'

AS

Diet schedule for Muscle Mass- (Approx. Body Dynamics)

BMI = 26.4 kg/m² & Fat% - 27 % , BMR- 1666 kcal



Diet schedule (Non Veg)

Considering evening workout schedule

Early morning detox pre workout –
(Macros : Protein : 20% , Carbs: 70% , Fat: 10%)

***Make sure you consume every meal**

Meal 1 – (Wake up meal – 7 am)

- a) 1 Apple &
- b) 1 Scoop Peanut Butter + 5 almonds (soaked in water) &
- c) 1 Cup Cinnamon in Luke warm water.

Meal 2 – (Breakfast – 10 am)

(Macros : Protein : 70% , Carbs: 10% , Fat: 20%)

- a) 100 gm Muesli with 1 Bowl skimmed milk + 1 egg white + 1 whole egg &
- b) Upma/Poha/Matki/Oats/Dosa/Idli/Chana

Meal 3 - (Lunch – 1 pm)

(Macros : Protein : 30% , Carbs:40 % , Fat: 30%)

- a) 150 gm Chicken with Brown Rice & Dal + Bowl of Vegetables

OR

Any sabji of your choice + 1 Bajri Roti + Bowl of Vegetables (Sabji - Bhindi/Mix Veg/Turai/Lasuni Methi/Paneer Bhurji/Cauliflower/Cabbage/Soybean Chunks/Rajma/Chana/Choley)

- b) 1 Bowl yogurt /1 glass Butter Milk (Chach)

***Vegetables-(Leafy greens, asparagus, broccoli, French beans, Cauliflower, onion, carrots)
-1 cup Green Tea at 3 pm**

Meal 4- (Before workout – 5:30 pm)

(Macros : Protein : 20% , Carbs:60% , Fat: 20%)

- a) 1 Tab Limcee (Vitamin C) &
- b) 5 jamun or 2 kiwi/orange + 1 Bowl Oats

Meal 5- (Dinner)

(Macros : Protein : 70% , Carbs:10 % , Fat: 20%)

a) 150 gm in total Tuna/Salmon Fish / Chicken Breast salad +1 Roti/Wrap/Brown Bread Sandwich + Dry Blueberries &

b) 2 egg white + 1 whole egg + Dark chocolate

****Very Important- 1 Glass Carrot +Beetroot+ Amla Mix Juice***

Other night time craving meal-

Low-sugar granola, Protein shake, An apple with peanut butter, A vegan yogurt cup, Wasabi almonds, Dried Montmorency tart cherries, Whole-grain toast with a scoop of guacamole, Black olives, Banana with a handful of sunflower seeds, Baby carrots, Macadamia nuts, air-popped popcorn, Sweet potato toast, A pear with cheese , Nonfat Greek yogurt with frozen berries

POINTS TO BE NOTED:

1. Use olive oil only

2. Vegetable = Cabbage /carrot /capsicum /broccoli /beetroot /onion /lemon

Recipe- 2 Medium Ripe tomatoes 2 cups Cabbage, shredded 1 Capsicum, sliced 2 Carrots, sliced 2 tbsp Vinegar 1 tbsp Honey 2 tsp Salt A pinch of Pepper 2 tbsp Yogurt

/3. Guacamole/Peas

4. Dishes advisable on Cheat Day – Pizza /Lasagna /Whole wheat Pasta /Beans & Rice /Chia seeds pudding /Loaded Oatmeal/Vegan Sushi & cottage cheese.

6. Do 2 cheat meals in a week with all the sweets n chocolates you want to.

7. Make sure to detox with coffee /Green tea /Apple Cinnamon Lemon liquid/

8. Honey lime vinaigrette *15 glass of water in a day

9. Once the body starts responding we may add few supplements for a month for best transformation

10. 100% natural

****For exclusive recipe you can lemme know***

TIPS FOR BUILDING MUSCLE ON A VEGETARIAN DIET

1. Eat protein throughout the day. Beans & Lentils, Soy products, Whole grains , Nuts & Seeds.
2. Variety is key.
3. Don't be afraid of carbohydrates
4. Lift weights
5. Eat complementary proteins
6. Don't skimp on iron
7. Figure out your protein needs
8. Determine if you're getting enough protein

opt for protein rich snacks:

- Hard boiled eggs
- Nut Butter with sliced fruit or veggie sticks
- Cchocolate milk
- Rroasted Chickpeas
- Hummus & Veggies
- Cottage cheese on a whole wheat English muffin
- Chia seed pudding
- GUACAMOLE & VEGGIES
- Guacamole & Veggies
- Loaded Oatmeal

WAITING FOR YOUR RESULTS . ALL THE BEST

Gaurav Sipani

Personality Groomer & Life skill Coach