

DIET PLAN

Before Cardio- 2.5mg yohimbine + 100mg caffeine + L-Carnitine 2000mg

Empty stomach cardio- 30 minutes (stair master)

After Cardio: 80 grams plain Greek yogurt + 80 grams apple + 80 grams papaya + 80 grams pineapple

Meal 1: 4 egg whites + 2 whole eggs + 30 grams uncooked rolled oats

Meal 2: 150 grams chicken + 200 grams homemade green vegetables + 50 grams baked potato + 3 fish oil

Meal 3: 150 grams chicken + 200 grams homemade green vegetables + 15 grams almonds

Pre workout meal: 5 egg whites + 30 grams uncooked rolled oats (start workout after 1-2hrs)

Post workout cardio: 20 minutes (stair master)

After workout: 1 Gatorade + 5 gm glutamine + 5 gm creatine

Post workout meal: 150 grams chicken + 100 grams rice (consume within 15-30 minutes after completing your workout)

Note:

- Follow this routine every day, even on rest day.
- Measure oats uncooked eat it after cooking, other than that every food will be measured after cooking.
- Measure only oats uncooked & eat it after cooking
- You have to keep a intake of minimum 5 litres of water everyday.
- You can eat eggs as ever you want, i.e., boiled, omelette half fry, scrambled, etc.
- You can cook chicken or fish with a little bit of olive oil, masalas and sauces, no need of eating boiled chicken.
- Keep variation in your meals so you won't get bored of it.
- Lukewarm water helps you with better digestion.
- For better results you need to sleep for about 8-10hrs
- If you get time make sure to have a NAP in the afternoon.