

DIET PLAN

Meal 1: 100 grams apple + 100 grams papaya + 100 grams pineapple + 100 grams plain greek yogurt

After 45 minutes: 120 grams minced meat + 140 grams spaghetti + 120 grams broccoli + 1 whole egg

Meal 2: 150 grams chicken + 100 grams baked potato + 150 grams green beans/green vegetables + 10 grams soaked almonds

Meal 3: 150 grams chicken + 100 grams rice + 150 grams green vegetables + 2 fish oil

Pre workout meal: 7 egg whites + 40 grams uncooked rolled oats + 2 banana (start workout after 1-2hrs)

Post workout cardio: 15 minutes (stair master)

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

Post workout meal: 150 grams white fish + 200 grams rice (consume within 15-30 minutes after completing your workout)

Last Meal: 120 grams minced meat + 140 grams spaghetti + 120 grams broccoli + 1 whole egg

MICRONUTRIENTS

-VITAMIN C – 1000mg post workout

-MAGNESIUM GLYCINATE – 600mg after post workout cardio & 600mg bedtime

-CALCIUM CITRATE – 40 minutes before any meal

-KIDNEY DETOX – 1 serving after any meal

-LIVER DETOX – 1 serving after any meal

-UBIQUINOL – 1 serving after any meal

-CURCUMIN – 1 serving after any meal

-GLUTATHIONE - 1 serving morning

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.