

CABS TO ABS

Meal 1 - Pre Workout							
Food Item	Quantity (g or pcs)	(g or pcs)	Calories	Protein (g)	Carbs (g)	Fat (g)	
Rolled Oats	60 gm		227.4	7.92	34.98		3.54
Whey Isolate	1 scoop		91	21	1.6		0.2
Blueberries	100 gm		51	0.4	9.5		0.6
Dates	45 gm		126.9	1.125	30.105		0.18
Almond/Peanut Butter	30 gm		176.4	7.5	6		15
Dark Chocolate (90-95%)	20 gm		133.4	2.66	2.66		11.06
Meal Total			806.1	40.605	84.845		30.58
Meal 2 - Lunch							
Food Item	Quantity (g or pcs)	(g or pcs)	Calories	Protein (g)	Carbs (g)	Fat (g)	
Chicken Breast (Cooked)	120 gm		181.2	36.6	0		3.84
Cooked Basmati Rice	200 gm		230	4	51.2		0.6
Green Veggies (Mixed)	100 gm		71	3.5	11.8		0.6
Olive Oil	10 gm		88.4	0	0		10
Meal Total			570.6	44.1	63		15.04
Snack							
Food Item	Quantity (g or pcs)	(g or pcs)	Calories	Protein (g)	Carbs (g)	Fat (g)	
Zero Fat Greek Yogurt	200 gm		118	20	7.2		0.8
Mixed Fruits	200 gm		114	1	30		0.6
Meal Total			232	21	37.2		1.4
Meal 4 - Dinner							
Food Item	Quantity (g or pcs)	(g or pcs)	Calories	Protein (g)	Carbs (g)	Fat (g)	
Chicken Breast	120 gm		181.2	36.6	0		3.84
Whole Egg (Large)	2 pc		174	14	1.2		11.8
Cooked Basmati Rice	150 gm		172.5	3	38.4		0.45
Green Veggies (Mixed)	100 gm		71	3.5	11.8		0.6
Meal Total			598.7	57.1	51.4		16.69
Daily Total			2207.4	162.805	236.445		63.71

- Sauces and condiments can be used but choose low-calorie options or use them in moderation.
- Low-calorie drinks or coffee can be consumed throughout the day.
- Do not exceed the caffeine limit, which is about 2 cans of energy drink or 2 cups of coffee per day.
- Try to avoid consuming caffeine within 6-7 hours before bedtime to ensure good sleep quality.
- Drink at least 3-4 liters of water daily to stay well hydrated.

Proteins
 Chicken Breast
 Whole Eggs (Large)
 Whey Isolate Protein
 Zero Fat Greek Yogurt
 Carbohydrates
 Rolled Oats
 Basmati Rice
 Dates (Dry)
 Blueberries (Fresh/Frozen)
 Mixed Fruits (Apple, Banana, etc.)
 Vegetables
 Mixed Green Veggies (Broccoli, Spinach, Beans, etc.)
 Fats & Condiments
 Almond or Peanut Butter (natural)
 Dark Chocolate 90–95%
 Olive Oil (extra virgin)
 Optional (If Not Already Available at Home)

 Salt, pepper, and spices for seasoning
 Low-calorie sauces (mustard, hot sauce, soy sauce – if used)
 Coffee or zero-calorie beverages (in moderation)