

DIET PLAN FOR YOU

BETTER FOOD | MORE ENERGY | A HEALTHIER YOU

*Discipline
Builds
Freedom*



1. Black coffee
before workout



2. Drink plenty of water
during workout



(After workout)



BREAKFAST

*Fuel Your
Day*

- 30 grams Oats / Poha / Daliya / Cornflakes
- 250 ml Skimmed Milk
- 1 scoop Whey
- 5 Almonds



LUNCH

Stay Strong

- 2 Roti / 200gm cooked Rice
- 100 grams Paneer
- 10 grams Desi Ghee / oil (For Cooking)
- 200 ml Epigamia Greek Yogurt (unflavour)



EVENING MEAL

*Stay
Focused*

- 1 scoop Whey
- 250 ml Skimmed Milk
- 1 Apple / 200gm Guava / 350gm Watermelon / 250gm papaya / 150gm Pineapple



DINNER

*Build
Tomorrow's You*

- 2 Roti / 200gm cooked Rice
- 1 Katori Cooked Pulses (Any Dal , Rajma , Choley)
- 200 gm Vegetables



DRINK ATLEAST
4 LITERS
WATER EVERYDAY



TOTAL
1860 CALORIES

(203g CARBS, 124g PROTEIN, 59g FATS)

*Enjoy Your
Meals* ♥



LOSE FAT



GAIN ENERGY



BUILD MUSCLE



STAY HEALTHY



BE A BETTER YOU