

Meal 1 (Breakfast)

C : 50g P : 35g F : 25g Total Energy = 565kcal

1. Scrambled eggs / Egg bhurji of 2 whole eggs and 3 whites (Total 5 eggs have to be used)

Note: Get your eggs cooked in 5g of butter/ghee

5g of ghee is 1 teaspoon

Add tomato, onion, green chilli, sweet corn or any other vegetables you prefer in your omelette. Also, add spices, oregano, chilli flakes salt as per your taste.

Use any low calorie sauce with your eggs such as salsa/mustard/peri peri.

2. Take 40g of raw steel cut oats, cook it on a stove with 250mL of skim milk or double toned milk, simmer it for a couple of minutes till it comes to a boil. Once cooked add 5g or 1 teaspoon of chia seeds to it and drizzle 10g of honey on top, mix well. Top off your oatmeal with a pinch of cinnamon powder.

Vegetarians can go for low fat paneer instead of eggs, and have paneer bhurji instead.

Meal 2 (Lunch)

C : 55g P : 25g F : 20g Total Energy : 500kcal

1. 50g of paneer bhurji/sabzi made in minimal oil/ghee.
2. Have 100g of **cooked** dal (raw weight is 30g) in less ghee/oil of course. 100g refers to the actual dal/rajma and not including the water or gravy.
3. 1 large roti, don't add ghee or oil to it. Roti will be made from 30g of **raw** whole wheat.
4. 200mL of chaas/buttermilk
5. Have homemade basic salad like onion, cucumber, lemon and chaat masala.

Try rotating your dals everyday.

Meal 3 (Pre-Workout)

C : 30g P : 10g F : 10g Total Energy = 250kcal

1. 1 Banana. Cut into 2 halves.
2. Apply 10g of **ALL NATURAL** peanut butter on each slice. 20g in total.
3. Black Coffee.

Ingredient list of your peanut butter should only have roasted peanuts. Sugar, hydrogenated oils and preservatives should not be a constituent of your peanut butter.

Meal 4 (Dinner)

C : 50g P : 30g F : 10g Total Energy = 410kcal

1. Take 50g of **raw whole wheat** pasta and boil it.
2. Use tomato puree, veggies such as black olives, capsicum, onion and spices such as oregano, thyme, chilli flakes to make pasta sauce.
3. Take 30g of **raw** soya chunks. Soak them in warm water for 15 minutes. Squeeze out all the water until completely dried. Chop in small pieces.
4. Add pasta and soya chunks to the pasta sauce.
5. Top off your pasta with 20g mozzarella cheese.

Non-vegetarians can go for 75g of grilled chicken breast.

Meal 5 (Before Bed)

C : 20g P : 20g F : 15g Total Energy = 295kcal

1. Boil 300mL skimmed/double toned milk. Add elaichi and fennel seeds/saunf.
2. Eat 5 almonds, 5 cashews and 5 walnuts along with your hot milk.

Total Calories For The Day

C : 205g P : 120g F : 80g Total Energy = 2020kcal

Please Note:

1. The above meal plan is a generic plan. It is not designed to suit a specific individual or his/her goals. However the calories of the plan would be high for most females.
2. Calories/Macros may need to be adjusted in order to get best results depending upon the individual's goal of fat loss/muscle gain.
3. Resistance training, some form of cardio and proper rest is required along with this plan.
4. Please consult a doctor if you need to before starting the above plan in order to make sure you do not have any allergies to a particular food item or food groups.
5. If you decide to follow the above plan then you are automatically entitled to the terms and conditions of our company.

Our Company's T&Cs:

<https://nosupplements.in/important-information/>

