



Online Nutrition Plan

XYZ

xyz@gmail.com

Points to be taken care of -

- 1) Use 1 teaspoon of oil to cook. Oil to be used can be desi ghee, extra virgin olive oil or coconut oil.*
- 2) Do not skip your pre-workout and post workout meal. Pre and post workout meals remains the same no matter what time of the you are working out.*
- 3) We can use one onion, one tomato and mild spices to cook food.*
- 4) Minimum water intake should be 4-5 liters a day.*
- 5) We have to take care of the quantity mentioned of the raw food. Buy a weighing scale for that.*
- 6) If you do not prefer eating chicken/fish on a day, then you can replace it with paneer, tofu, beans, legumes, pulses, soy chunks.*
- 7) If you do not want to have chapati on a day, then instead take 30 grams of rice/ quinoa.*
- 8) Food values may vary depending on variety and country of origin. Current values are as per ICMR.*
- 9) Avoid excess intake of salt, instead prefer herbs like oregano, rosemary, thyme to enhance the flavour.*
- 10) Refrain from consuming sugar containing foods and beverages.*

	Serving	Quantity	Protein	Fats	Carbs	Calories
Empty Stomach						
Subsawan water with a pinch of cinnamon powder	1 glass	200 ml	0	0	0	0
Pre Workout Meal (30mins before)						
Black Coffee (no added sugar)	1 cup	200 ml	0	0	0	0
Banana	100 grams	100 grams	1.2	0.3	27.2	105
Post Workout Meal						
Instant coffee/ isolate protein in water		2 scoops	40	0.8	0.2	160
Rice (after few minutes)		100 grams	0.8	0.1	7.2	30
Breakfast						
Fruit and Nut Smoothie						
Curd		100 grams	0.2	0.2	8.8	39
Walnut		1 whole kernel	1.3	0.6	1.1	69
Soaked raisins		10 grams	0.8	0.08	22.2	86
Snacks						
Roasted Chickpeas (no roasted)		50 grams	7	1.8	17.8	103
Lunch						
Chapati		1	0.8	0.3	28.8	100
Rajma(veg)		50 grams	11.3	0.8	36.3	179
Rice(Bhut) (weight for rice parrot)		50 grams	10	0	2.3	148
Oil	2 spoons	15 ml	0	15	0	90
Cucumber Salad (veg)		100 grams	0.8	0.1	2.3	18
Snacks						
Instant coffee/ isolate protein in water		2 scoops	40	0.8	0.2	160
Dinner						
Boiled Chicken with Steamed Muggins						
Chicken (veg)		100 grams	21.8	1.2	0	118
Broccoli(veg)		100 grams	1.2	0.1	11.1	36
Capsicum(veg)		100 grams	1.11	0.3	1.8	18
Carrot (veg)		100 grams	0.8	0.2	11.8	48
(veg with seasonings and lemon juice)						
Total Macros of the day			183.41	39.48	177.7	1768



Thank you to all the people who have supported us in our journey to become a fitness company.

Thank You.