



# MUSCLE MODE

## NUTRITION PLAN (NON-VEG) WORKOUT DAYS

### MEAL 1 – CHICKEN OMELETTE – 8am

INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>1 Whole Egg</li> <li>4 Egg Whites</li> <li>50g Grilled Chicken</li> <li>20g Peanuts</li> <li>1 Orange</li> </ul>	1 Serving Multivitamins (Optional) 1g CLA (Optional)	Cal: 335 Pro: 35g Carbs: 15g Fat: 15g

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### MEAL 2 – PROTEIN CAKE – 10:30am

INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>1 Whole Egg</li> <li>½ scoop Whey</li> <li>2sp Raisins</li> <li>18g Walnuts</li> <li>1g Cinnamon</li> </ul>	Whey Protein	Cal: 307 Pro: 35g Carbs: 8g Fat: 15g

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### MEAL 3 – CHICPEAS RICE – 1:30pm

INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>½ cup Brown Rice</li> <li>½ cup Chickpeas</li> <li>50g Paneer</li> <li>3sp Yogurt Sauce</li> <li>Onion/Tomato/Cilantro</li> </ul>		Cal: 398 Pro: 23g Carbs: 45g Fat: 10g

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### MEAL 4 – PROTEIN STICKS – 4pm

INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>1 scoop Whey</li> <li>½ cup Oats</li> <li>1sp Peanut Butter</li> <li>¼ cup Milk</li> <li>1g Cinnamon</li> </ul>	Whey Protein	Cal: 283 Pro: 25g Carbs: 30g Fat: 7g

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### PRE WORKOUT – 5:30pm

INGREDIENTS	OPTIONS	MACROS
<ul style="list-style-type: none"> <li>1sp C4</li> <li>5g BCAA</li> <li>1000mg Carnitine (optional)</li> <li>240ml Cold Water</li> <li><b>OR</b></li> <li>2tsp Coffee</li> <li>150ml Hot Water</li> </ul>	Neurocore Assault Hyper Fx Amino Energy 1.M.R Vortex	

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## POST WORKOUT – 7:30pm

INGREDIENTS	OPTIONS	MACROS
<ul style="list-style-type: none"> <li>1.5 scoop Whey</li> <li>5g BCAA</li> <li>240ml Cold Water</li> </ul> <b>OR</b> <ul style="list-style-type: none"> <li>7 Egg Whites</li> </ul> <b>OR</b> <ul style="list-style-type: none"> <li>2sp Protinex Sugar Free</li> <li>240ml Non Fat Milk</li> </ul>	MuscleTech MusclePharm Met-Rx Cellucor BPI Ultimate Nutrition Optimum Nutrition GNC	Cal: 148 Pro: 35g Carbs: 2g Fat: 0g

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## MEAL 5 – POTATO EGGS – 8:30pm

INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>½ Potato</li> <li>3 Egg Whites</li> <li>30g Paneer</li> <li>Mozzarella Cheese</li> <li>Green Pepper/Green Onion</li> <li>Tomato</li> <li>Ketchup</li> <li>Non Sticky Spray</li> </ul>	1g Omega 3 (Optional)	Cal: 250 Pro: 20g Carbs: 20g Fat: 10g

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## MEAL 6 – PROTEIN MILK – 10:30Pm

INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>½ scoop Casein</li> <li>240ml Almond Milk</li> <li>14 Almonds</li> <li>1g CLA (Optional)</li> </ul>	Casein Protein	Cal: 180 Pro: 25g Carbs: 5g Fat: 8g

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**CALORIES: 1877 | PRO - 198g | CARBS - 125g | FAT - 65g**

## NUTRITION PLAN (NON-VEG)

### REST DAYS

## REST DAY MEAL 1 – BREAD OMELETTE – 9am

INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>1 Whole Egg</li> <li>4 Egg Whites</li> <li>3 Slice Wheat Bread</li> <li>1 Banana</li> </ul>	1 Serving Multivitamins (Optional) 1g CLA (Optional)	Cal: 433 Pro: 28g Carbs: 60g Fat: 9g

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# MUSCLE MODE

## REST DAY MEAL 2 – OATS – 11:30am

INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>▪ 1 cup Oats</li> <li>▪ ½ scoop Whey</li> <li>▪ 2sp Raisins</li> <li>▪ 10 Almonds</li> <li>▪ ½ Apple</li> <li>▪ 1g Cinnamon</li> <li>▪ 1 cup Indian Tea</li> </ul>	Whey Protein	Cal: 418 Pro: 17g Carbs: 65g Fat: 10g

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## REST DAY MEAL 3 – RAJMA RICE – 2:00pm

INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>▪ 1 cup Brown Rice</li> <li>▪ ½ cup Beans with Gravy</li> <li>▪ 1 cup Low fat Yogurt</li> <li>▪ Mixed Salad</li> </ul>	No	Cal: 450 Pro: 20g Carbs: 70g Fat: 10g

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## RES DAY MEAL 4 – EGGS & SHAKE – 5pm

INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>▪ 5 Egg Whites</li> <li>▪ Banana Shake               <ul style="list-style-type: none"> <li>➢ 1sp Peanut Butter</li> <li>➢ 1 cup Milk</li> <li>➢ 1.5 Banana</li> </ul> </li> </ul>	No	Cal: 355 Pro: 33g Carbs: 40g Fat: 7g

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## REST DAY MEAL 5 – DAL CHAPATI – 8pm

INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>▪ ½ cup Mixed Lentils</li> <li>▪ 2 Wheat Chapati</li> <li>▪ 1 cup Low Fat Yogurt</li> <li>▪ Small Plate Cabbage/Lettuce</li> </ul>	1g Omega 3 (Optional)	Cal: 445 Pro: 20g Carbs: 71g Fat: 9g

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## REST DAY MEAL 6 – PROTEIN MILK – 10:30Pm

INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>▪ ½ scoop Casein</li> <li>▪ 240ml Almond Milk</li> <li>▪ 14 Almonds</li> <li>▪ 1g CLA (Optional)</li> </ul>	Casein Protein	Cal: 180 Pro: 25g Carbs: 5g Fat: 8g

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**CALORIES: 2293 | PRO - 143g | CARBS - 311g | FAT - 53g**

**NOTE: If you workout in the Morning, Just take pre workout drink on empty stomach, then do workout then have post workout drink then breakfast, so on so forth....**

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## NUTRITION PLAN (VEG) WORKOUT DAYS

### MEAL 1 – PROTEIN SMOOTHIE – 8am

INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>2/3<sup>rd</sup> scoop Whey or Protinex</li> <li>240ml Non Fat Milk</li> <li>2sp Flaxseeds</li> <li>½ Banana (optional)</li> <li>1g Cinnamon</li> </ul>	1 Serving Multivitamins (Optional) 1g CLA (Optional)	Cal: 335 Pro: 35g Carbs: 15g Fat: 15g

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### MEAL 2 – PROTEIN CAKE – 10:30am

INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>1 ½ sp Peanut Butter</li> <li>1 scoop Whey or 2spProtinex</li> <li>1sp Raisins</li> <li>10g Walnuts</li> <li>1g Cinnamon</li> </ul>	Whey Protein Or Protinex (Sugar Free)	Cal: 307 Pro: 35g Carbs: 8g Fat: 15g

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### MEAL 3 – CHICPEAS RICE – 1:30pm

INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>½ cup Brown Rice</li> <li>½ cup Chickpeas</li> <li>50g Paneer</li> <li>3sp Yogurt Sauce</li> <li>Onion/Tomato/Cilantro</li> </ul>		Cal: 398 Pro: 23g Carbs: 45g Fat: 10g

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### MEAL 4 – PROTEIN STICKS – 4pm

INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>1 scoop Whey or Protinex</li> <li>½ cup Oats</li> <li>1sp Peanut Butter</li> <li>¼ cup Milk</li> <li>1g Cinnamon</li> </ul>	Whey Protein Or Protinex (Sugar Free)	Cal: 283 Pro: 25g Carbs: 30g Fat: 7g

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### PRE WORKOUT – 5:30pm

INGREDIENTS	OPTIONS	MACROS
<ul style="list-style-type: none"> <li>1sp C4</li> <li>5g BCAA</li> <li>1000mg Carnitine (optional)</li> <li>240ml Cold Water</li> <li><b>OR</b></li> <li>2tsp Coffee</li> <li>150ml Hot Water</li> </ul>	Neurocore Assault Hyper Fx Amino Energy 1.M.R Vortex	

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## POST WORKOUT – 7:30pm

INGREDIENTS	OPTIONS	MACROS
<ul style="list-style-type: none"> <li>1.5 scoop Whey</li> <li>5g BCAA</li> <li>240ml Cold Water</li> </ul> <b>OR</b> <ul style="list-style-type: none"> <li>2sp Protinex Sugar Free</li> <li>240ml Non Fat Milk</li> </ul>	MuscleTech MusclePharm Met-Rx Cellucor BPI Ultimate Nutrition Optimum Nutrition GNC	Cal: 148 Pro: 35g Carbs: 2g Fat: 0g

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## MEAL 5 – POTATO EGGS – 8:30pm

INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>½ Potato</li> <li>50g Paneer or Tofu</li> <li>Mozzarella Cheese</li> <li>Green Pepper/Green Onion</li> <li>Tomato</li> <li>Ketchup</li> <li>Non Sticky Spray</li> </ul>	1g Omega 3 (Optional)	Cal: 269 Pro: 18g Carbs: 20g Fat: 13g

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## MEAL 6 – PROTEIN MILK – 10:30pm

INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>2/3rd scoop Casein</li> <li>240ml Almond Milk</li> <li>14 Almonds</li> <li>1g CLA (Optional)</li> </ul>	Casein Protein Or 2spProtinex (Sugar Free)	Cal: 196 Pro: 26g Carbs: 5g Fat: 8g

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**CALORIES: 1900 | PRO - 197g | CARBS - 125g | FAT - 68g**

## NUTRITION PLAN (VEG)

### REST DAYS

## REST DAY MEAL 1 – PEANUT BUTTER BREAD TOAST – 9am

INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>3 Slice Wheat Bread</li> <li>1 Banana</li> <li>1sp Peanut Butter</li> <li>1 cup Slim Milk</li> </ul>	1 Serving Multivitamins (Optional) 1g CLA (Optional)	Cal: 441 Pro: 20g Carbs: 70g Fat: 9g

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## REST DAY MEAL 2 – OATS – 11:30am

INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>▪ 1 cup Oats</li> <li>▪ ½ scoop Whey</li> <li>▪ 2sp Raisins</li> <li>▪ 10 Almonds</li> <li>▪ ½ Apple</li> <li>▪ 1g Cinnamon</li> <li>▪ 1 cup Indian Tea</li> </ul>	Whey Protein Or 2sp Protinex (Sugar Free)	Cal: 418 Pro: 17g Carbs: 65g Fat: 10g

## REST DAY MEAL 3 – RAJMA RICE – 2:00pm

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INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>▪ 1 cup Brown Rice</li> <li>▪ ½ cup Beans with Gravy</li> <li>▪ 1 cup Low fat Yogurt</li> <li>▪ Mixed Salad</li> </ul>	No	Cal: 450 Pro: 20g Carbs: 70g Fat: 10g

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## REST DAY MEAL 4 – PROTEIN OAT SHAKE – 5pm

INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>▪ Banana Shake               <ul style="list-style-type: none"> <li>➢ 1sp Peanut Butter</li> <li>➢ 1 cup Milk</li> <li>➢ 1.5 Banana</li> <li>➢ ½ cup Oats</li> <li>➢ ½ sp Whey</li> </ul> </li> </ul>	Whey Or Protinex (Sugar Free)	Cal: 427 Pro: 31g Carbs: 60g Fat: 7g

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## REST DAY MEAL 5 – DAL CHAPATI – 8pm

INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>▪ ½ cup Mixed Lentils</li> <li>▪ 2 Wheat Chapati</li> <li>▪ 1 cup Low Fat Yogurt</li> <li>▪ Small Plate Cabbage/Lettuce</li> </ul>	1g Omega 3 (Optional)	Cal: 445 Pro: 20g Carbs: 71g Fat: 9g

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## REST DAY MEAL 6 – PROTEIN MILK – 10:30Pm

INGREDIENTS	SUPPLEMENT	MACROS
<ul style="list-style-type: none"> <li>▪ ½ scoop Casein</li> <li>▪ 240ml Almond Milk</li> <li>▪ 14 Almonds</li> <li>▪ 1g CLA (Optional)</li> </ul>	Casein Protein Or Protinex (Sugar Free)	Cal: 180 Pro: 25g Carbs: 5g Fat: 8g

**CALORIES: 2373 | PRO - 133g | CARBS - 341g | FAT - 53g**

**NOTE: If you workout in the Morning, Just take pre workout drink on empty stomach, then do workout then have post workout drink then breakfast, so on so forth....**

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