

NUTRITION PLAN

CATEGORY: FAT- LOSS

TRAINING: BODY WEIGHT/GYM WORKOUT

NUTRITION: VEG/EGG MEAL

1800

Calories Diet
Plan



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Weight loss is all about calorie intake and expenditure. You will simply lose weight when you consume fewer calories than you spend.

To drop your weight, all you need to do is to keep track of your total calorie's intake per day.

To lose weight healthily, you also need to ensure your diet plan is balanced i.e., covers all food groups, and provides all the nutrients you need for good health.

SUMMARY

The number of calories consumed and spent determines your body weight management. The simplest science behind lose weight is you need to burn more calories than you consume. You need to maintain a calorie deficit to lose weight.

Let's Go!!

Wakeup Drink

Drinking water keeps you hydrate, boost your metabolism, and keep your kidney functions properly.

Upon Waking up	Quantity	Fats(gms)	Carbs(gms)	Protien(gms)
1 glass of water	200 ml	0	0	0

Breakfast

Breakfast is often called 'the most important meal of the day', it replenishes your supply of glucose or blood sugar to boost your energy levels and alertness and this what we expect from us to stay active

Choose any one option from below:

Meal-1-	Quantity	Fats(gms)	Carbs(gms)	Protien(gms)
One apple / Any Citric Fruit		0	22	0
2 boiled whole white	2 egg	7	3	8

OR

Meal-1	Quantity	Fats(gms)	Carbs(gms)	Protien(gms)
Oats veegies (small size bowl raw)	40 gm	3	28	7
Oil /Ghee	5 ml/gm	5	0	0

Snacks

Normalizes bowel movements, **improve your digestion, lowers cholesterol levels**, and keep your blood sugar level maintains help you in losing weight.

Meal-2 (30 -40 min before luch)	Quantity	Fats(gms)	Carbs(gms)	Protien(gms)
One Big Bowl salad (added salt , leamon, black pepper) (cucumber , Tomato, Beetroot, cabbage)-1 Medium size bowl		2	15	3

Lunch

Lunch meal provides energy and nutrients to keep the body and brain working efficiently through the afternoon and makes you focus till evening.

Meal-3 Lunch	Quantity	Fats(gms)	Carbs(gms)	Protien(gms)
Lentils - Choole/Rajma/dal/ peas- One medium size	40	1	18	10
Green veggies (peas/beans/ etc) Add green more	100 gm	1	10	3
Ghee/Oil	15 gm	15	0	0
2 Roti	2 chappti	8	40	9
Curd	100 gm	4	4	7

Pre-Workout

The purpose of a **pre-workout** meal is to give your body, the fuel to workout effectively.

Choose any one option from below:

Meal -After reaching Home/ Pre Workout meal	Quantity	Fats(gms)	Carbs(gms)	Protien(gms)
3-4 Cokkies / slated penaut -15 gm (~ approx half packet of 10		7	5	4
Tea with sugar/ Coffee with Milk		2	10	1

OR

Meal -After reaching Home	Quantity	Fats(gms)	Carbs(gms)	Protien(gms)
1/2poon peanut butter		8	4	3
One banana small size		1	15	1
2 brown Bread Slice		2	10	1

Post-Workout

This meal of Carbs and protein after exercise stimulates muscle protein synthesis, improves recovery, and enhances performance in next workout.

Choose any one option from below:

Meal -After Workout	Quantity	Fats(gms)	Carbs(gms)	Protien(gms)
Whey protein half spoon		2	2	12
One banana/One apple		0	22	0

OR

Meal -After Workout	Quantity	Fats(gms)	Carbs(gms)	Protien(gms)
2 egg white	2 eggs	0	1	8
One banana/One apple		0	22	0

Dinner

Post Workout high calories meal refuel and supply the muscles with amino acids as well as replenish glycogen stores to make you active again.

Choose any one option from below:

Meal -4 (soya chunk fry with rice)	Quantity	Fats(gms)	Carbs(gms)	Protien(gms)
soya chunks	40 gm	0	12	21
salad as per your wish	one serving	1	5	1
Ghee/Oil	10 gm	10	0	0
Rice	35gm	1	25	1

OR

Meal -4 Panner fried rice	Quantity	Fats(gms)	Carbs(gms)	Protien(gms)
Panner	50 gm	10	5	10
salad as per your wish	one serving	1	5	1
Veggies for cooking	one Bowl	1	5	2
Ghee/Oil	10 gm	10	0	0
Rice	35gm	1	25	1

OR

Meal -4 (Egg rice)	Quantity	Fats(gms)	Carbs(gms)	Protien(gms)
2 whole egg (fried with rice)		7	3	8
salad as per your wish	one serving	1	5	1
Ghee/Oil	10 gm	10	0	0
Rice	35gm	1	25	1

Before Bed

Milk a great source of whey protein, it also contains a slower-digesting protein called casein, keep recovering your fatigue body whole night.

Meal -Before Bed	Quantity	Fats(gms)	Carbs(gms)	Protien(gms)
Milk (just a glass)	200 ml	8	6	8

Note:

- If you do workout in morning, then you can simply swap your pre-workout and post-workout meal with breakfast. Which means skip your breakfast in morning and take it as a evening snack meal.
- This Meal plan have 1800 approx. calories (+-) 50 calories as Nutrients varies from companies product to product
- Ghee/Oil mentioned above is used for cooking the food as per meal .

Important

- Always measure raw food like 35-gram raw rice equals to half teacup filled with rice.
- Always measure your cooking oil used in making recipes.
- Keep monitoring your weight twice a week early morning.
- Do at least 4-5 days active workout in a week.
- Take your pictures before start of diet plan and compare it later.
- Drink At least 2-3 liter of water per day.

I guarantee, if you keep track of your calories and weight it will surely help you in achieving your fitness goal.



THANK YOU



For any Query and feedback please go to our website and Connect with Us.

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