

BEGINNER & INTERMEDIATE 1700 CALORIES

45
DAYS

CALORIC DEFICIT - WEIGHT LOSS | FAT LOSS

GURU MANN



1700 CALORIES MEAL PLAN

BREAKFAST	PROTEIN	CARBS	FAT	CALORIES
5 EGG WHITES	18	0	0	72
1 WHOLE EGG	6	0	5	69
1/3 CUP OATS	4	18	1	97

TOTAL **28** **18** **6** **238**

SNACK	PROTEIN	CARBS	FAT	CALORIES
1SP PEANUT BUTTER	4	4	8	104
1 SLICE WHEAT BREAD	2	13	1	69
240ML NON FAT MILK	12	8	0	80

TOTAL **18** **25** **9** **253**

LUNCH	PROTEIN	CARBS	FAT	CALORIES
100G CHICKEN	24	0	1	105
100G COOKED BROWN RICE	2	20	1	97
HALF PLATE SALAD	1	4	0	20

TOTAL **27** **24** **2** **222**

SNACK	PROTEIN	CARBS	FAT	CALORIES
ROASTED CHANA 50G	9	27	3	171
2 BOILED EGG WHITES	8	0	0	32
10 PIECE RAW ALMONDS	3	3	6	78
TOTAL	20	30	9	281

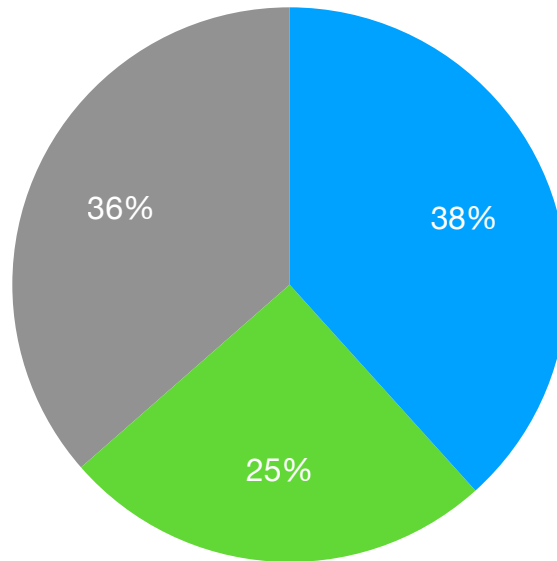
POST WORKOUT	PROTEIN	CARBS	FAT	CALORIES
1.5 SCOOP WHEY (<i>GM NUTRITION OR ANY BRAND</i>)	38	3	2	182
1 MEDIUM BANANA	0	22	0	88
TOTAL	38	25	2	270

DINNER	PROTEIN	CARBS	FAT	CALORIES
100 PANEER BHURJI	18	0	18	234
ADD VEGGIES (<i>PEAS, BELL PEPPER</i>)	1	1	0	8
1 MEDIUM ROTI OR 100G RICE	2	24	1	113
TOTAL	21	25	19	355

BEFORE BED	PROTEIN	CARBS	FAT	CALORIES
220ML WARM OR COLD MILK (ADD ELIACHI FOR FLAVOR)	12	9	0	84
TOTAL	12	9	0	84

TOTAL	164	156	47	1703
--------------	------------	------------	-----------	-------------

● PROTEIN ● FATS ● CARBS



SUPPLEMENTS

PRODUCT	TIMING	SAMPLE IMAGE
WHEY PROTEIN (Any Brand)	POST- WORKOUT OR ANY OTHER TIME	
MULTI-MEN (Any Brand)	BREAKFAST	