

WEEKLY MEAL PLAN

Monday Diet Plan

09:30 AM Tea	10:00 AM Fennel Seeds	10:30 AM Cloves
11:00 AM Green Tea	01:00 PM Protein Balls	05:30 PM Peanut Butter
06:15 PM Papaya	06:00 PM Italian Salad	07:00 PM Chicken Cheese
07:00 PM 2 Fried Eggs	07:00 PM Hummus	07:30 PM Chicken Soup

Intermittent fasting



Exercise Plan

Badminton: 5 days a Week (45 Mins Session)
Gym: 3-4 days a week (30 Mins Session)
Running: 3-4 days a week (3 Kilometers)

Tuesday Diet Plan

06:00 AM ORS-Lemon	08:30 AM ABC Juice	08:30 AM 2 Fried Eggs
08:30 AM Fiber + Curd	08:30 AM Vitamins	08:30 AM Beef Bacon
10:00 AM Fennel Seeds	10:30 AM Cloves	11:00 AM Green Tea
01:00 PM Protein Balls	05:30 PM Peanut Butter	06:15 PM Papaya
06:15 PM Italian Salad	07:00 PM Raita	07:00 PM Shami Kabab
07:00 PM Scrambled Egg	07:30 PM Chicken Wrap	09:30 PM Vitamins

Wednesday Diet Plan

06:00 AM ORS-Lemon	08:30 AM ABC Juice	08:30 AM 2 Fried Eggs
08:30 AM Fiber + Curd	08:30 AM Vitamins	08:30 AM Beef Bacon
10:00 AM Fennel Seeds	10:30 AM Cloves	11:00 AM Green Tea
01:00 PM Protein Balls	04:45 PM Black Coffee	06:00 PM Papaya
07:00 PM Chicken Handi	07:00 PM Raita	07:00 PM Raw Salad
07:00 PM Mixed Fruits	09:30 PM Mix Herbs	09:30 PM Vitamins

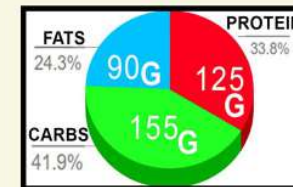
Thursday Diet Plan

06:00 AM ORS-Lemon	08:30 AM ABC Juice	08:30 AM 2 Fried Eggs
08:30 AM Fiber + Curd	08:30 AM Vitamins	08:30 AM Beef Bacon
10:00 AM Fennel Seeds	10:30 AM Cloves	11:00 AM Green Tea
01:00 PM Protein Balls	04:45 PM Black Coffee	05:30 PM Peanut Butter
07:15 PM Meat Kabab	07:15 PM Raita	07:15 PM Raw Salad
07:15 PM Roti	07:30 PM Burger	09:30 PM Vitamins

Saturday Diet Plan

06:00 AM ORS-Lemon	08:30 AM ABC Juice	08:30 AM 2 Fried Eggs
08:30 AM Fiber + Curd	08:30 AM Vitamins	08:30 AM Beef Bacon
01:00 PM Protein Balls	05:30 PM Peanut Butter	06:00 PM Papaya
06:30 PM Haleem	07:00 PM Raita	07:00 PM Raw Salad
07:00 PM Mutton Karahi	07:00 PM Roti	09:30 PM Vitamins

MACROS



Friday Diet Plan

01:30 PM Biryani	07:30 PM Chicken Tikka	07:30 PM Malai Boti
07:30 PM Meat Kabab	07:30 PM Chapati	07:30 PM Raw Salad

Intermittent Fasting

Sunday Diet Plan

09:00 AM Lassi	09:30 AM Milk Tea	09:30 AM Coffee Cake
09:30 AM Small Pizza	09:30 AM Fish Crumbs	01:00 PM Beef Steak
07:00 PM Chicken Pulao	07:00 PM Raita	08:30 PM Chocolate

Protein: 125 Grams, 33.8%
Fats: 90 Grams, 24.3%
Carbs: 155 Grams, 41.9%

Diet Macronutrients
Average Daily Calories: 2000 KCAL



WEEKLY FOOD DIARY

MONDAY - Food Diary

Cloves	Cardamom	Fennel Seeds	Seeds & Nuts
10:00 AM	10:30 AM	11:00 AM	02:00 PM
Papaya	Popcorns	Italian Salad	Mixed Herbs
06:15 PM	06:30 PM	06:45 PM	08:30 PM
Turmeric	Folic Acid	Magnesium	Mixed Fruits
08:30 PM	08:30 PM	08:30 PM	09:00 PM

MONDAY - Dinner

Steam Roast	Liver Fry	Green Peas	Full Fry Egg
06:30 PM	06:30 PM	06:30 PM	06:30 PM

**INTERMITTENT
FASTING DAY**

Average Daily Calories

TOTAL CALORIES: 2000 KCAL

**INTERMITTENT
FASTING DAY**

FRIDAY - Food Diary

Raw Salad	Chicken Biryani	Alphani Rosh
01:30 PM	01:30 PM	06:30 AM
Turmeric	Magnesium	Mixed Herbs
08:30 PM	08:30 PM	08:30 PM

TUESDAY - Food Diary

Golden Gut	Hydra Lemon	Vitalcore-Elixir	Multi-vitamin 1 Capsule
05:30 AM	06:30 AM	08:00 AM	08:05 AM
ABC Juice	2 Boiled Egg	Psyllium & Curd	Stock / Broth
08:10 AM	08:15 AM	08:20 AM	08:30 AM
Tea	Cloves	Cardamom	Fennel Seeds
09:30 AM	10:00 AM	10:30 AM	11:00 AM
Green Tea	Seeds & Nuts	Protein Bar	Electro Flex
11:30 AM	02:00 PM	05:15 PM	05:30 PM
Papaya	Popcorns	Italian Salad	Mixed Herbs
06:15 PM	06:30 PM	06:45 PM	08:30 PM
Turmeric	Coenzyme Q10	Magnesium	Mixed Fruits
08:30 PM	08:30 PM	08:30 PM	08:00 PM

TUESDAY - Dinner

Shami Kabab	Zeera Raita	Full Fry Egg	2 Chicken Wraps
06:30 PM	06:30 PM	06:30 PM	06:30 PM

WEDNESDAY - Food Diary

Golden Gut	Hydra Lemon	Vitalcore-Elixir	Multi-vitamin 1 Capsule
05:30 AM	06:30 AM	08:00 AM	08:05 AM
ABC Juice	2 Full Fry Egg	Psyllium & Curd	Stock / Broth
08:10 AM	08:15 AM	08:20 AM	08:30 AM
Tea	Cloves	Cardamom	Fennel Seeds
09:30 AM	10:00 AM	10:30 AM	11:00 AM
Green Tea	Seeds & Nuts	Protein Bar	Electro Flex
11:30 AM	02:00 PM	05:15 PM	05:30 PM
Turmeric	Folic Acid	Magnesium	Mixed Herbs
08:30 PM	08:30 PM	08:30 PM	08:30 PM

WEDNESDAY - Dinner

3 PC Roti	Chicken Handi	Yogurt	Raw Salad
06:30 PM	06:30 PM	06:30 PM	06:30 PM

DIET MACRONUTRIENTS
CARBS: 155 Grams, 41.9%
PROTEIN: 125 Grams, 33.8%
FATS: 90 Grams, 24.3%



THURSDAY - Food Diary

Golden Gut	Hydra Lemon	Vitalcore-Elixir	Multi-vitamin 1 Capsule
05:30 AM	06:30 AM	08:00 AM	08:05 AM
ABC Juice	2 Half Fry Egg	Psyllium & Curd	Stock / Broth
08:10 AM	08:15 AM	08:20 AM	08:30 AM
Tea	Cloves	Cardamom	Fennel Seeds
09:30 AM	10:00 AM	10:30 AM	11:00 AM
Green Tea	Seeds & Nuts	Protein Bar	Workout Water
11:30 AM	02:00 PM	05:15 PM	05:30 PM
Turmeric	Coenzyme Q10	Magnesium	Mixed Herbs
08:30 PM	08:30 PM	08:30 PM	08:30 PM

THURSDAY - Dinner

Chicken Soup	3 Tortilla Bread	Beef Kabab	Meat & Cheese
06:30 PM	06:30 PM	06:30 PM	06:30 PM

SUNDAY - Food Diary

Lassi	Cheese Sandwich	3PC Chicken Eggs
09:30 AM	10:00 AM	10:15 AM
Milk Tea	Chocolate Toast	Peanut Toast
10:30 AM	10:30 AM	10:30 AM
Spaghetti	Chicken Rice	Raw Salad
03:00 PM	07:30 PM	07:30 PM

SATURDAY - Food Diary

Golden Gut	Hydra Lemon	Vitalcore-Elixir	Multi-vitamin 1 Capsule
05:30 AM	06:30 AM	08:00 AM	08:05 AM
ABC Juice	2 Half Fry Egg	Psyllium & Curd	Tea
08:10 AM	08:15 AM	08:20 AM	09:30 AM
Fennel Seeds	Seeds & Nuts	Protein Bar	Beef Haleem
11:00 AM	02:00 PM	05:15 PM	03:00 PM
Chicken Korma	3 PC Roti	Turmeric	Folic Acid
06:30 PM	04:00 PM	08:30 PM	08:30 PM
Magnesium	Mixed Herbs	Magnesium	Mixed Herbs
08:30 PM	08:30 PM	08:30 PM	08:30 PM

RECIPES & DAILY SCHEDULE

Diet and Vitamins

detailed recipes with complete ingredients list

 Recipe NAME OF DISH: Nuts & Seeds PREP TIME: 5 Minutes COOK TIME: 0 Minutes QUANTITY: 45 Grams MACRONUTRIENTS: Protein: 07 Carbs: 20 Fats: 10 CALORIES: 200 CAL Ingredients: - Flax Seeds - Cashew Nuts - Hemp Seeds - Almonds - Chickpeas - Peanuts - Melon Seeds - Pumpkin Seed - Sunflower Seed - Walnuts - Sesame Seeds - Shred Coconut Instructions: Take 3-4 Almonds, 3 Cashew, 2 spoons of Peanuts and Chickpeas(Roast) and 1 spoon of Flax, Hemp, Melon, Sunflower, Pumpkin, Sesame Seeds	 Recipe NAME OF DISH: Italian Salad PREP TIME: 15 Minutes COOK TIME: 0 Minutes QUANTITY: 1 Serving MACRONUTRIENTS: Protein: 04 Carbs: 10 Fats: 05 CALORIES: 100 CAL Ingredients: - Cucumber - Black Boiled Chickpeas - Boiled Red Beans - Shitake Mushrooms - Iceberg Lettuce - Sprouts - Mint Leaf - Cauliflower - Broccoli - Tomato - Cilantro - Paneer Instructions: Use only small amount all of these ingredients to make this salad. Chickpeas and Beans boiled separately. Paneer on toppings
 Recipe NAME OF DISH: Electrolyte-Flex Drink PREP TIME: 5 Minutes COOK TIME: 0 Minutes QUANTITY: 150 ML MACRONUTRIENTS: Protein: 00 Carbs: 12 Fats: 00 CALORIES: 50 CAL Ingredients: - Calcium C - Black Salt - Magnesium Glycinate - Cold Water - Lemon Juice - Orange ORS - Orange Tang - Sea Salt Instructions: Use Pre-mixed powder in cold water and squeeze fresh lemon at last. Baking Soda, Sea Salt and Black Salt only a pinch not too much	 Recipe NAME OF DISH: Vital Core Elixir PREP TIME: 5 Minutes COOK TIME: 0 Minutes QUANTITY: 1 Cup MACRONUTRIENTS: Protein: 10 Carbs: 10 Fats: 00 CALORIES: 80 CAL Ingredients: - Dry Ginger - Super Greens - Moringa - EAA+ - Collagen Peptide - Creatine - Gooseberry - Cinnamon - Cocoa Powder - Whey Protein - Turmeric - Cold Water Instructions: Make whole week powder in advance for immediate use with cold water. Do not increase any ingredient more than 5 grams. Mostly use 2.5 grams
 Recipe NAME OF DISH: Night Vitamins PREP TIME: 5 Minutes COOK TIME: 0 Minutes QUANTITY: Tablets MACRONUTRIENTS: Protein: 00 Carbs: 00 Fats: 00 CALORIES: 00 CAL Ingredients: - Magnesium - Turmeric Tab - CoQ 10 - Folic Acid - Omega 3 Instructions: Use from weekly prepared stack of various vitamins 5 days a week. Sunday Off only, and take CoQ10 on Tuesday, Thursday & Saturday	 Recipe NAME OF DISH: Morning Vitamins PREP TIME: 5 Minutes COOK TIME: 0 Minutes QUANTITY: Tablets MACRONUTRIENTS: Protein: 00 Carbs: 00 Fats: 00 CALORIES: 00 CAL Ingredients: - Vitamin D3 - Vitamin C - Potassium Chloride - Vitamin E - Omega 3 - Multivitamin - Probiotics Instructions: Use from weekly prepared stack of various vitamins 4 days a week. Days: Tuesday, Wednesday, Thursday and Saturday

 06:00 AM ORS-Lemon	 08:30 AM ABC Juice	 08:30 AM 2 Fried Eggs
 08:30 AM Fiber + Curd	 08:30 AM Vitamins	 09:30 AM Tea
 01:00 PM Protein Balls	 06:00 PM Papaya	 06:30 PM Haleem
 07:00 PM Roti	 07:00 PM Raita	 07:00 PM Raw Salad
 07:00 PM Mutton Karahi	 09:30 PM Mix Herbs	 09:30 PM Vitamins

05 / 05