

SAMPLE DIET (How to plan your diet for next 22 days)

First of all you need to calculate your 'Basal Metabolic Rate' (BMR) which estimates your basal metabolic rate—the amount of energy expended while at rest in a neutrally temperate environment and in a post-absorptive state.

Here is the link of BMR CALCULATOR:

<http://www.calculator.net/bmr-calculator.html>

Now lets take an example of a male whose age is 25 y/o & he weighs 160pounds with a height of 5'10 & his calculated BMR IS 1717 CALORIES PER DAY (YOU WILL ENTER YOUR AGE, HEIGHT & WEIGHT in BMR & you can calculate yours)

These 1717 calories are his maintenance calories. So if the person wants to gain weight he needs to consume more calories & if the goal is fat & weight loss then he needs to consume lesser calories than 1700 per day.

In this example, lets suppose he needs to lose then he will start with a calorie deficit diet. His calorie intake will be 1400 CALORIES PER DAY.

We further split this into proportion of 30%CARBS , 45% PROTEIN & 25% FATS

So it will be- 105grams Carbs, 158grams Protein & 39grams Fats.

Remember this,

1gram Carb = 4 calories

1gram Protein = 4 calories

1gram Fat = 9 calories

So if you calculate now:

Carbs - $105 \times 4 = 420$ calories

Protein - $158 \times 4 = 632$ calories

Fats - $39 \times 9 = 351$ calories

Add them all $420+632+351 = 1403$ total calories

So this is just an idea how to prepare your sample diet!

Make sure you use FOOD WEIGHT SCALE & MEASURE YOUR FOOD BEFORE COOKING!

SAMPLE DIET FOR 1400 calories will be:-

Empty stomach : **DETOX DRINK**

2 glass water + 1 Lemon + 15ml of each APPLE CIDER VINEGAR + AMLA + ALOEVERA
(mix all together in lemon water and drink)

After 45minutes : Have strong cup of BLACK COFFEE SHOT

You can do your home circuit training empty stomach after basic detox & coffee shot for better FAT LOSS RESULTS else you can do it anytime as per your preferences.

Meal 1 Breakfast : 1 cooked bowl of namkeen Oats (with lots of green veggies)
(uncooked weight of oats is 40grams) + 1 cup of GREEN TEA in hot water

Meal 2 Mid-morning Snack : 1 scoop protein + 6-7 eggs white or 150grams sprouts &
50grams tofu with green salad

Meal 3 Lunch : 40grams brown rice (uncooked weight) +200grams chicken breast
boneless (cooked in pressure cooker) or 50grams NUTTRI SOYA CHUNKS (uncooked
50grams weight) & cooked in pressure cooked along capsicum & broccoli

After 1 hour of Lunch : 1 cup of GREEN TEA in hot water

Meal 4 Mid-evening Snack : 1 scoop protein + 10 almonds (soaked in water) + 150gram
low fat curd + 1 tea spoon chia seeds

Meal 5 Dinner : 100gram Paneer & fresh vegetables soup or 3 whole eggs + 2 eggs
white omelet + green steamed vegetables