



# NON-VEGETARIAN DIET

## EARLY MORNING

first thing on empty stomach

- 2 to 3 glass of room temp. water

## BREAKFAST

- 50 grams of Oats / rice / wheat / poha / upma / quinoa / idli(suji) / vermicelli With 2 full eggs

## BREAK MEAL (or post workout)

- 100 gram fruit any 1 scoop of Willmax Lean Whey protein in 150 ml of skimmed milk

## LUNCH

- Rice or wheat or millets (60 grams) with any Dal / rajma / chole / chana (50 grams) Along with 100 grams of green vegetables (Key secret - make sure you won't use more than 10 gram oil for cooking)

## EVENING SNACK

(or Post workout)

- 1 full egg and 100 grams of any fruit along with 1 scoop of Willmax Lean Whey protein with 150 - 200 ml of skimmed milk

## DINNER

- Rice or wheat or millets (60 grams) with soya chunks (50 grams) Along with 100 grams of green vegetables (Key secret - make sure you won't use more than 10 gram oil for cooking)

| APPROX. WEIGHT | CALORIE COUNT           | PROTEIN   | CARBS     | FATS        |
|----------------|-------------------------|-----------|-----------|-------------|
| 80 KG          | 2000 KCAL FAT LOSS DIET | 131 GRAMS | 246 GRAMS | 55-60 GRAMS |





# THINGS TO DO / POINTS TO REMEMBER

- 7 to 8 hour sleep everyday
- 3 to 4 liter water intake a day
- Less than 5 gram salt in a day
- No sugar no junk munches
- Green salad compulsory as per given in diet
- Food measure raw (before cooking)
- Oil use as per given in diet
- 60000 iu Vitamin-D once a month
- Add multivitamin 1 tablet after breakfast
- Add omega 3 or flexseed oil capsule 1 serving after breakfast
- Walk 8000 steps every day
- Need 45 min weight training to achieve your goal
- Add 2 tea spoons of apple cider vinegar in any main course meal (lunch or dinner)
- If possible take one (250 mg to 500mg) ashwagandha tablet at night before sleeping

