



VEGETARIAN DIET

EARLY MORNING

first thing on empty stomach

- 2 to 3 glass of room temp. water

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)

- 100 gram any fruit / 15 gram almonds 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	126 GRAMS	266 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 vinagar in any main course meal (lunch or dinner)
- If possible take one (250 mg to 500mg) ashwagandha tablet at night before sleeping

