

<b>Clients Name</b>	YT Fam
<b>Age</b>	NA
<b>Sex</b>	M/F
<b>Weight</b>	VARIABLE
<b>Height</b>	VARIABLE
<b>Goal</b>	Lean Gain
<b>TDEE</b>	2200
<b>Target</b>	2500
<b>Macros(f:c:p)</b>	variable

## 10K STEPS/PER DAY MANDATORY

Food	Quantity	Fat(g)	Carb(g)	Protein(g)	Calories
Upon waking up					
<b>Around 8-10 A.M</b>					
Protein with water	1 scoop	2.31	4.43	21.8	122.4
French Toast	4 eggs 4 slices	31.40	53	33	632
Black Tea ( 2 tea spoon sugar)	200 ml	0.00	8	0	32
Brunch					
<b>Around 2 P.M</b>					
PreWorkout Shake	1 Large cup	41.00	82.5	46.82	857
Post workout Shike	1 scoop	2.31	4.43	21.8	122.4
Dinner					
<b>Around 8:30 P.M</b>					
Curry	1-2 bowl	7.00	40	3	300
Wheat Roti(large)	4	1.50	80	16	400
Other					
cucumber salad	100-200 gms per day	-	-	-	0
Green coffee/tea	1 per day	0.00	0	0	0
<b>Total</b>		<b>85.52</b>	<b>272.36</b>	<b>142.42</b>	<b>2465.80</b>

### Preworkout Shake Macro and ingredients:

Oats - 60 gm cal: 226 P:8.52 C:40 F :5.1

1 scoop whey - cal: 112.4 P:21.8 C:4.43 F :2.31

6 gram seed mix - cal: 37 P:1.8 C:0.7 F :3

15 gram almonds(15 almonds) -cal: 87 P:3.15 C:3.3 F :7.35

15 gram cashews(10 cashews) - cal: 90 P:2.4 C:5.1 F :7.3

Fruit Mix - 1 Large Banana cal: 105 P:1 C:23 F :0

Peanut Butter - 32 gm cal: 200 P:8 C:6 F :5.16

Total - protein fat carb calories - 857 P:46.82 F:41 C:82.5

**Note: Add a pinch of coffee in case of preworkout but not if you're taking it as post workout**

### Replacements

\*50gm rice =50 gm poha=4 idlis=50 gm vermicilli

\*50 gm paneer=2 whole eggs

veggies below in the list can be interchnaged

When you want to have 3 whole eggs, you can have 70 gm paneer only instead of 100

Lentils & Legumes -> Black chana sproutes, Moth bean sproutes, Moong bean sproutes, Rajma, Any Dal

### Allowed Veggies For Your Reference

Bhindi(3.2gm fibre)	100gms	0.20	7	1.9	33
Zucchini(1gm fibre)	100gms	0.31	3.1	1.2	17
Cauliflower	100gms	0.30	5	1.9	25
egg plant(3gms fibre)	100gms	0.20	6	1	25
mushroom(1gm fibre)	100gms	0.30	3.3	3.1	22
ivy gourd	100gms	0.10	5.2	0	27
cabbage(2gm fibre)	100gms	0.10	6	1.3	25
drumsticks	100gms	0.10	4	3	26
bittergourd(2gm fibre)	100gms	0.20	7	3.6	34

asparagus	100gms	0.10	3.9	2.2	20
fenugreek(2gm fibre)	100gms	1.00	6	4	49
green beans(3.4 gm fibre)	100gms	0.10	7	1.8	31
Spinach	100gms	0.75	4.33	3.94	40
Broccoli(5.2gm fibre)	100 gms	0.40	4.8	2.8	34
Onion	100gms	0.00	9	1	20
Capsicum	100 gms	0.00	5	0	20

**Notes**

You are not supposed to eat either more or less than suggested, always strive to complete your macros

Drink enough water i.e >3 litres

Have some buttermilk, curd or extra veggies in case of hunger pangs

You can supplement with isabgol in case of constipation

stevia is the preferred sweetener in case of sweetener required for some dish

**MEASURE EVERYTHING**