NUTRITION & WORKOUT PLAN - RAMADAN

Note: THIS DIET CHART IS A GENERAL DIET CHART FOR HEIGHT GROWTH AS PER 2000 Kcal. Use this DIET CHART after fixing the quantity ACCORDING TO your requirements. Quantity of ingredients will depend on individual’s daily calorie requirement (MAINTENANCE CALORIES and macro-setup).

NUTRITION

MEAL 1(AFTER fast) (PRE WORKOUT MEAL)
-1 Glass coconut water
-1 cup Daliya (50g) OR White Rice OR White Bread
-5 Boiled Eggs (1 whole +4 white) OR 120g Chicken breast
-Salad (Cabbage, Cucumber, tomato)
WITH 1-1.5 litre water

MEAL 2(During workout)
-1 Banana with 1 litre water during workout

MEAL 3(Post workout Meal)
-6 egg whites or 1 scoop whey isolate protein

MEAL 4(Dinner)
-2 Whole Wheat ROTI or 1 cup Rice
-200g Fish Chicken breast(grilled/pan fried)
-Salad (Cabbage, Cucumber, tomato)
-Salsa Sauce Or Tomato chutney (Home made less salt)
WITH 1 Litre water.

MEAL 5(Before bed)
-250ml Non-fat Milk Or Cottage cheese Or Yogurt
- 10 Almonds
-Sprinkle cinnamon
MEAL 6 (Before fast)
- 1 cup Oats (100g)
- 5 Boiled Eggs (1 whole +4 white)
- 1 banana
- 250ml milk
- Sprinkle cinnamon
With 1-1.5 litre water + 1 glass coconut water

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WORKOUT

MONDAY- SATURDAY (3 DAYS SPLIT) Evening

MONDAY-
CHEST/SHOULDER/BICEPS
Only 3 Exercises each part with 3 sets per exercise.
10-15 REPS per SET

WEDNESDAY-
BACK/ABS/TICEPS
Only 3 Exercises each part with 3 sets per exercise.
10-15 REPS per SET.

SATURDAY-
LEGS (Quads+ Hamstrings+ Calves)
Only 3 Exercises each part with 3 sets per exercise.
10-15 REPS per SET.

NOTE: For exercises check exercise tutorials provided in the channel (Jeet Selal Aesthetics) for each body part.