

# NUTRITION & WORKOUT PLAN - RAMADAN

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Note: THIS DIET CHART IS A GENERAL DIET CHART FOR HEIGHT GRWOTH 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.