

If you have downloaded this file after watching the full video, I thank you from the bottom of my heart because I put a lot of effort in making the video.

You will find a workout plan and diet plan below. I would like to mention clearly that this is a general diet and workout plan. The workout plan will work for everyone for sure.

The diet plan will be a 1800 calorie plan. This diet can be used by anybody who weighs in between 60-75 Kgs.

WORKOUT PLAN

The workout plan is a 4 day per week plan. You will be training with weights four times a week with other days being active rest. You can perform any outdoor activities or perform cardio on these days.

DAY 1: Upper Body - 1

Flat bench Barbell Press (3 sets 8-10 reps)

Bent over dumbbell rows (3 sets 8-10 reps)

Incline dumbbell chest press (2 sets 8-10)

Prone grip lat pulldowns (2 sets 10-12 reps)

Dumbbell Shoulder Press (2 sets 8-10 reps)

Cable lateral Raises (2 sets 10-12 reps)

Tricep cable pushdowns (2 sets 12-15 reps)

Dumbbell Bicep curls (2 sets 12-15 reps)

Day 2: Quad and Booty dominant leg workout

Barbell squats (3 sets 6 reps)

Stiff leg Deadlifts (3 sets 8-10 reps)

Barbell hip thrusts (3 sets 8-10 reps)

Glute kick backs on cables (2 sets 10-12 reps)

Leg Press (2 sets 12-15 reps)

Hamstring curls - Seated or lying (4 sets 10-12 reps)

Day 4: Upper Body workout - 2

Seated cable rows (3 sets 10-12 reps)
One arm dumbbell rows (2 sets 10-12 reps)
Incline dumbbell chest press (3 sets 10-12 reps)
Pec deck flyes (2 sets 12-15 reps)
Dumbbell lateral raises (3 sets 12-15 reps)
Rear delt machine flyes (2 sets 15 reps)
Dumbbell bicep curls (3 sets 10-12 reps)
Cable overhead tricep extensions (3 sets 10-12 reps)

Day 5: Full lower Body workout

Barbell squats or Goblet squats (3 sets 8 reps)
Romanian deadlifts (3 sets 10 reps)
Dumbbell walking lunges (2 sets 12 reps each leg)
Cable pull through (3 sets 15-20 reps)
Hamstring curls (4 sets 12-15 reps)
Leg Extensions (3 sets 15-20 reps)

** You will find all the above mentioned exercises on the Youtube and also on my YouTube playlist here: https://www.youtube.com/playlist?list=PLu21xib-BLFBqgv_xZoHvjEMUNwIUdT_b

2 Sessions of HIIT Cardio (High intensity interval training)

5 Mins brisk walk on Treadmill

5 Intervals or 25 second run and 35 sec rest

Walk for 5 More Minutes after finishing intervals

Try adding 1 extra round every 2 weeks till you reach 10 intervals.

I will be attaching a vegetarian as well as a non vegetarian diet plan. You can always replace whey protein with whole food sources, but for a vegetarian I recommend you supplement your diet with a protein supplement. This will help you meet your protein goals for the day.

I recommend MyProtein Impact whey. You can purchase it here from amazon. This is my affiliate link. Helps the channel if you use my link.

Link: <http://amzn.to/2ehk010>

VEGETARIAN DIET - 1800 Calories

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Pre Workout								
Bananas, raw, 100 grams	89	23g	0g	1g	0mg	1mg	12g	3g
Myprotein - Impact Whey, 25 g	96	2g	2g	21g	1mg	0mg	0g	0g
Post Workout								
Quaker - Oats, 40 g	150	27g	3g	5g	0mg	0mg	1g	4g
Myprotein - Impact Whey, 25 g	96	2g	2g	21g	1mg	0mg	0g	0g
Amul Slim N Trim - Double Toned Milk, 300 ml	136	15g	5g	9g	0mg	0mg	0g	0g
Peanut Butter, 1 tbsp	95	4g	8g	4g	0mg	70mg	2g	1g
Meal 1								
Rice - Brown long-grain, cooked, 100 g	111	23g	1g	3g	0mg	5mg	0g	2g
Amul's - Paneer Ki Sabzi, 50 grams	145	1g	13g	7g	33mg	0mg	0g	0g
Oil - Olive 0.5 tablespoon	60	0g	7g	0g	0mg	0mg	0g	0g
Homemade - Cooked Yellow Lentils, 50 gram	56	10g	0g	5g	0mg	1mg	1g	4g
Meal 2								
Nuts, almonds, 20 g	116	4g	10g	4g	0mg	0mg	1g	3g
Apples - Apples, 1 medium apple	80	22g	0g	0g	0mg	0mg	16g	5g
Meal 3								
Red Kidney Beans - Cooked, 100 gram	186	33g	0g	15g	0mg	365mg	0g	14g
Amul - Masti Dahi, 200 gm	124	9g	6g	8g	16mg	122mg	0g	0g
final meal								
Nutrela - Soy Chunks(Uncooked), 50 g uncooked	166	14g	0g	27g	0mg	0mg	0g	2g
Spinach - Cooked, boiled, drained, with salt, 100 g	23	4g	0g	3g	0mg	306mg	0g	2g
TOTAL:	1,739	193g	57g	133g	51mg	870mg	33g	40g

**Cooking can be done as you wish and also you can see that the diet has around 40g of fibers. So do not worry that this has high amount of carbs.

Non Vegetarian Diet - 1800 calories

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Pre Workout								
Bananas, raw, 100 grams	89	23g	0g	1g	0mg	1mg	12g	3g
Myprotein - Impact Whey, 25 g	93	2g	2g	21g	1mg	0mg	0g	0g
Post Workout								
Quaker - Oats, 40 g	150	27g	3g	5g	0mg	0mg	1g	4g
Amul Slim N Trim - Double Toned Milk 200 ml	92	10g	3g	6g	0mg	0mg	0g	0g
Egg, whole - cooked, poached, 3 large	215	1g	14g	19g	555mg	446mg	1g	0g
Eggs - Egg Whites Scrambled 2 Egg White	34	0g	0g	7g	0mg	110mg	0g	0g
Meal 1								
Rice - Brown, long-grain, cooked, 150 g	167	34g	1g	4g	0mg	8mg	1g	3g
Chicken - Breast (Grilled, Skinless), 120 g	139	0g	4g	26g	0mg	0mg	0g	0g
Oil - Olive, 0.5 tablespoon	60	0g	7g	0g	0mg	0mg	0g	0g
Meal 2								
Apples - Apples, 1 medium apple	80	22g	0g	0g	0mg	0mg	16g	5g
Nuts, almonds, 10 g	58	2g	5g	2g	0mg	0mg	0g	1g
Meal 3								
Britania Whole Wheat Bread - 100% Whole Wheat, 50 g	115	22g	1g	5g	0mg	0mg	1g	4g
Sundrop - Creamy Peanut Butter, 15 g	97	3g	8g	4g	0mg	52mg	1g	1g
final meal								
Coles - Fish - Basa Filets, 100 gram	109	1g	3g	23g	0mg	81mg	1g	0g
Rice - Brown, long-grain, cooked, 100 g	111	23g	1g	3g	0mg	5mg	0g	2g
Oil - Olive, 0.5 tablespoon	60	0g	7g	0g	0mg	0mg	0g	0g
TOTAL:	1,674	170g	59g	126g	556mg	703mg	34g	23g

**Add vegetables to further get micronutrients in your diet.

I hope that this diet and workout plan will help you in some way to lose body fat the healthy way and not starving.

Your Fitness Coach

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