

**8** WEEKS  
**STUDENT**  
**TRANSFORMATION**  
**PLAN**

**NUTRITION PLAN**

**by**

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# STP

## MEAL PLAN

### Vegetarian Diet

Meals	Foods	Supplements
Meal 1 Post Workout	<ul style="list-style-type: none"> <li>• 60g Oat Meal</li> <li>• 250 ml Milk</li> <li>• 1 Scoop Whey</li> </ul> (You can replace Oats with Daliya, Poha, Idli, Dosa etc)	
Meal 2. Snack	<ul style="list-style-type: none"> <li>• 1 Apple (or small serving of any seasonal fruit)</li> <li>• 1 Tbsp Peanut Butter (16 grams)</li> <li>• 2 Slices brown bread or 1 Chapatti</li> </ul>	
Meal 3 Lunch	<ul style="list-style-type: none"> <li>• 30 gram Rice (Cooked weight will be around 100 grams) or 1 Chapatti (30 gram Atta)</li> <li>• 2 Bowl Sabzi (Go for pulses like Daal, Chana, Rajma, Choley etc)</li> <li>• 50 gram Paneer</li> <li>• Salad</li> </ul>	1 Multivitamin  Vitamin D3 – 60000 IU (Once a week)  100mcg Vitamin K2 as MQ7
Meal 4 Post Workout Meal	<ul style="list-style-type: none"> <li>- 1 Banana</li> <li>- 250 ml Milk</li> <li>- 1 Scoop Whey Protein</li> </ul> (Supplement with 3-5 grams of Creatine Monohydrate post workout)	Have 1 Cup Black Coffee 30 Minutes before Workout
Meal 5 Dinner	<ul style="list-style-type: none"> <li>• 1 Roti (30 gram Atta) or 30 gram Rice (Cooked weight will be around 100 grams)</li> <li>• 100 gm Paneer</li> <li>• 1 Bowl Sabzi</li> <li>• Salad (Go for pulses like Daal, Chana, Rajma, Choley etc)</li> </ul>	2 Omega 3 Caps (optional)

**APPROX. CALORIES** – 2000 | **CARBS** – 210-220 GMS | **PROTEIN** – 120-130 GMS | **FATS** – 70-75 GMS



# Non-Vegetarian Diet

Meals	Foods	Supplements
Meal 1 Post Workout	<ul style="list-style-type: none"> <li>• 60g Oat Meal</li> <li>• 250 ml Milk</li> <li>• 10 Almonds</li> <li>• 1 Banana (or any other seasonal fruit)</li> <li>• 1 Whole Egg + 3 Egg Whites</li> </ul> (You can replace Oats with Daliya, Poha, Idli, Dosa etc)	
Meal 2 Snack	<ul style="list-style-type: none"> <li>• 1 Apple</li> <li>• 1 Tbsp Peanut Butter (16 grams)</li> <li>• 1 Slices brown bread or 1 Chapatti</li> </ul>	
Meal 3 Lunch	<ul style="list-style-type: none"> <li>• 30 gram Rice (Cooked weight will be around 100 grams) or 1 Chapatti (30 gram Atta)</li> <li>• 1 Bowl Sabzi (Go for pulses like Daal, Chana, Rajma, Choley etc)</li> <li>• ½ Scoop Whey</li> <li>• Salad</li> </ul>	1 Multivitamin  Vitamin D3 – 60000 IU (Once a week)  100mcg Vitamin K2 as MQ7
Meal 4 Post Workout Meal	<ul style="list-style-type: none"> <li>- 1 Banana</li> <li>- 250 ml Milk</li> <li>- 1 Scoop Whey Protein</li> </ul> (Supplement with 3-5 grams of Creatine Monohydrate post workout)	Have 1 Cup Black Coffee 30 Minutes before Workout
Meal 5 Dinner	<ul style="list-style-type: none"> <li>• 1 Roti (30 gram Atta) or 30 gram Rice (Cooked weight will be around 100 grams)</li> <li>• 100 grams Chicken Breast</li> <li>• 100 gram Paneer</li> <li>• Salad</li> </ul>	2 Omega 3 Caps (optional)

**APPROX. CALORIES** – 2000 | **CARBS** – 210-220GMS | **PROTEIN** – 120-130GMS | **FATS** – 70-75GMS



# Eggetarian Diet

Meals	Foods	Supps.
Meal 1 Post Workout	<ul style="list-style-type: none"> <li>• 60g Oat Meal</li> <li>• 250 ml Milk</li> <li>• 10 Almonds</li> <li>• 1 Banana (or any other seasonal fruit)</li> <li>• 1 Whole Egg + 3 Egg Whites</li> </ul> <p>(You can replace Oats with Daliya, Poha, Idli, Dosa etc)</p>	
Meal 2 Snack	<ul style="list-style-type: none"> <li>• 1 Apple</li> <li>• 1 Tbsp Peanut Butter (16 grams)</li> <li>• 1 Slice brown bread or 1 Chapatti</li> </ul>	
Meal 3 Lunch	<ul style="list-style-type: none"> <li>• 30 gram Rice (Cooked weight will be around 100 grams) or 1 Chapatti (30 gram Atta)</li> <li>• 1 Bowl Sabzi (Go for pulses like Daal, Chana, Rajma, Choley etc)</li> <li>• ½ Scoop Whey</li> <li>• Salad</li> </ul>	<p>1 Multivitamin</p> <p>Vitamin D3 – 60000 IU (Once a week)</p> <p>100mcg Vitamin K2 as MQ7</p>
Meal 4 Post Workout Meal	<ul style="list-style-type: none"> <li>- 1 Banana</li> <li>- 250 ml Milk</li> <li>- 1 Scoop Whey Protein</li> <li>- 1 Whole Egg + 3 Egg Whites</li> </ul> <p>(Supplement with 3-5 grams of Creatine Monohydrate post workout)</p>	<p>Have 1 Cup Black Coffee 30 Minutes before Workout</p>
Meal 5 Dinner	<ul style="list-style-type: none"> <li>• 1 Roti (30 gram Atta) or 30 gram Rice (Cooked weight will be around 100 grams)</li> <li>• 100 gm Paneer</li> <li>• 1 Bowl Sabzi (Mixed vegetables or any Sabzi with green vegetables for taste)</li> <li>• Salad</li> </ul>	<p>2 Omega 3 Caps (optional)</p>

**APPROX. CALORIES** – 2000 | **CARBS** – 210-220GMS | **PROTEIN** – 120-130GMS | **FATS** – 70-75GMS





# Adjusting Calories and Macros

## *Not losing fat within realistic expectations?*

Decrease your food intake by about 200 calories a day. You will remove around 50 gram Carbohydrates from your diet. To keep things simple just reduce a small portion of carbohydrates from every meal.

## *Not gaining muscle within realistic expectations?*

Increase your intake by about 200 calories a day. You will increase around 50 gram Carbohydrates from your diet. To keep things simple just have an extra snack during the day like a medium bowl of fruit, a medium bowl of daliya/oats, a plate of whole wheat pasta etc.

## *How long should I wait before making adjustments?*

In general, you should monitor your results about every two weeks before making further adjustments to your intake. And as you become more advanced, or progress closer to your final goal, it may take a full four weeks to see if your intake is working. Give it an appropriate amount of time before considering further adjustments

## *Losing too much lean mass when losing weight?*

Increase your daily protein intake by about 25 grams. This would mean an extra 100 grams of chicken breast , around 6-8 extra egg whites or to make things convenient an extra scoop of whey protein.

## *Gaining too much fat when adding muscle?*

Increase your daily protein intake by about 25 grams, and decrease your daily carbs by 50 grams. This would mean adding an extra 100 grams of chicken breast , around 6-8 extra egg whites or to make things convenient an extra scoop of whey protein and reduce a small portion of carbohydrates from every meal.



# Common Doubts

*How much water should I drink ?*

Water needs depends on person to person, but the basic requirement of water intake for a healthy lifestyle is three to five litres everyday.

*How should I weight my food?*

You can use a Food measuring scale to track the quantity of food you are eating.

*Can I use salt in my meals?*

Yes you must because it has an important role to play in our body, it helps maintaining electrolyte balance and it also effects your performance while doing workouts.

*How can I track my Calories and Macros?*

The best way to track calories and macros is to maintain nutrition Journal on everyday basis or use a food tracking app like Myfitnesspal

*What about Snacks?*

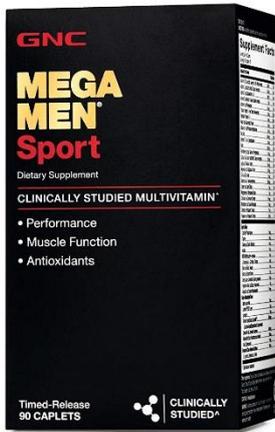
If you are looking to add snacks in your diet, just make sure you hit your macros throughout the day by decreasing some amount of food from other meals. For example of you eat a snack with some 20 gram Carbs and Proteins, then Make sure to reduce 20 gram Carbs and 20 gram Protein from some other meal to hit your daily total calories and macros.

*What about Cheat Meals ?*

If you are on calorie surplus or muscle gaining diet then you can have 3-4 cheat meals a week. If you are on calorie deficit or fat loss diet in that case preference of cheat meals are low for you i.e 1-2 cheat meals a week.



# Recommended Products



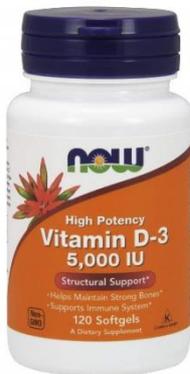
Multivitamin



Creatine Monohydrate



Omega 3



Vitamin D3



Vitamin K2



Food Scale

\*Note: Clicking on products would redirect you to buy them online



# Food Journal

Date: / / 2020

Meals	Foods	Supps.
Meal 1 Breakfast		
Meal 2 Snack		
Meal 3 Lunch		
Meal 4 (Snacks)		
Meal 5 Dinner		

Personal Notes:



You can get printouts of this Food Journal and start recording daily food and supplement intake.

Note: The above diet plans and calculations are based on a 2000 calorie diet for an individual who is looking to Build Muscle and Lose Fat at the same time. You can make changes in the plan according to your current physique and final goal.

You can check our STP Calculator ([Click Here](#)) for required calories and macros for your body goals.

Best of Luck for your Transformation!

To your success,  
Abhinav Mahajan

