

ULTRA SHREDDED DIET PLAN

This calculation applies to any one who is seriously looking to pop up the "HIDDEN ABS" through natural foods and nutrition programme combined with regular cardio and strength training workouts. Start with multiplying your weight in lbs. with ratio 9. While moving forward if you still need a ripped physique then after 4 weeks multiply your weight in lbs. with ratio 8 and this will give you a reduced calorie requirement and then keep pushing until you are satisfied with your new physique.

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Multiply Total Body weight in Kg
with 2.2 will give your weight in LBS..

WEIGHT(90 KG) * 2.2 =198 LBS.

Multiply total lbs. with standard
ratio number 8 will give you
average daily calorie requirement,
assuming 8 being the lowest
number.

198 LBS. *8 =1584 CALORIE / DAY.

Multiply daily Calorie with 7
days to get weekly requirement

1584 CALORIE. * 7 = 11088 / WEEK

MAGIC STARTS NOW.

Now we have figured out the total calorie requirement for the week. Surprise the body with moderate carb days and low carb days. There can be 3 moderate carb days and 4 low carb days (including rest day). For an effective fat loss program, it is better to do carb cycling on alternate days. Through this carb cycling method your body metabolism goes high and low which is more effective in burning fat. Not only that, you don't get demotivated on a low carb day because the next day you can add few more carbs in your diet.



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MODERATE CARB

MODERATE CARB			
MACROS	IN GRAMS	ENERGY/GRAM	CALORIES/DAY
CARB	150	4	600
PROTEIN	160	4	640
FAT	65	9	585

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MODERATE CARB DAY MEAL PLAN (SAMPLE)

MEAL TIME	FOODS	FRUITS	VEGGIES	DRINKS
BREAKFAST	OAT MEAL(1/2 CUP / 40 GMS) 100 % WHOLEGRAIN OATS MIXED WITH NUTS + 5 BOILED EGG WHITES AND 2 WHOLE EGGS	1 APPLE (SMALL)		1 CUP BLACK COFFEE (MEDIUM SUGAR)
LUNCH	GRILLED CHICKEN BREAST (200 GMS) + 1/2 CUP WHITE RICE+ 1 SMALL WHOLE WHEAT ROTI/CHAPPATI		GREEN SALAD	1 CUP GREEN TEA (NO SUGAR)
DINNER	GRILLED FISH FILLET (200 GMS) +MEDIUM SIZE SWEET POTATO (125 GMS) + 20 ALMONDS		GREEN SALAD	
PRE WORKOUT				WHEY PROTEIN ISOLATE DRINK
POST WORKOUT				WHEY PROTEIN ISOLATE DRINK
	PROTEIN- 160 g, CARBS - 150g, Fat- 65 Total CALORIE= 1825			Minimum 3 litres of fresh water throughout the day

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LOW CARB

LOW CARB			
MACROS	IN GRAMS	ENERGY/GRAM	CALORIES/DAY
CARB	100	4	400
PROTEIN	160	4	640
FAT	40	9	360

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LOW CARB DAY MEAL PLAN (SAMPLE)

MEAL TIME	FOODS	FRUITS	VEGGIES	DRINKS
BREAKFAST	OAT MEAL (1/2 CUP / 40 GMS) 100 % WHOLEGRAIN OATS MIXED WITH NUTS + 5 BOILED EGG WHITES AND 2 WHOLE EGGS	1 APPLE (SMALL)		1 CUP BLACK COFFEE (MEDIUM SUGAR)
LUNCH	GRILLED CHICKEN BREAST (200 GMS)		GREEN SALAD	1 CUP GREEN TEA (NO SUGAR)
DINNER	GRILLED FISH FILLET (200 GMS)+ MEDIUM SIZE SWEET POTATO (125 GMS)		GREEN SALAD	
PRE WORKOUT				WHEY PROTEIN ISOLATE DRINK
POST WORKOUT				WHEY PROTEIN ISOLATE DRINK
	PROTEIN- 160 g, CARBS - 100g, Fat- 40 Total CALORIE= 1400			Minimum 3 litres of fresh water throughout the day



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