Diet Plan for Body Fitness

Hardcore-Nikol

🌅 **Breakfast (Energy Booster)**

- **Oats Porridge**
  - Cooked in milk or soy milk
  - Topped with:
    - Sliced almonds
    - Chia seeds
    - ½ banana

Alternative:

- 2 Whole Wheat Vegetable Paneer Rolls

🍎 **Mid-Morning Snack (Recovery)**

- **Sprouted Moong Salad**
  - Sprouted moong
  - Chopped cucumber
  - Chopped tomato
  - Fresh lemon juice

Alternative:

- 1 cup plain Greek yogurt or thick curd
- A handful of fresh berries

🍛 **Lunch (Balanced Fuel)**

Carbohydrates

- 1 cup cooked brown rice **or**
- 2 whole wheat rotis

Protein

- 1 cup thick dal **or**
- 1 cup chickpea (chole) curry

Fiber

- Large bowl of mixed green salad **or**
- Sautéed vegetables (broccoli, carrots, etc.)

⚡ Pre-Workout Snack (30–60 Minutes Before Gym)

- 1 slice whole wheat toast
- 1 tablespoon peanut butter
- A few banana slices

💪 Post-Workout Dinner (Muscle Recovery)

Protein

- 100 g stir-fried tofu **or**
- 100 g paneer

Vegetables

- Bell peppers
- Onions
- Spinach

Carbohydrates

- 1 cup cooked quinoa **or**
- 1 small sweet potato

💧 Daily Hydration

- Drink **3–4 liters of water** throughout the day.
- Stay hydrated before, during, and after your workout.

🥜 Optional Healthy Snacks (If Hungry)

- Handful of roasted almonds or walnuts
- Roasted chana
- Fresh fruits (apple, orange, guava)
- Coconut water
- Buttermilk (low salt)