



CUTTING DIET PLAN



Time	Meals
Early Morning	1 Glass Lemon Water + 10 Soaked Almonds
Breakfast	5 Or 6 Egg Whites Scrambled + Sauteed Veggies + 1/2 Cup Oats Milk Without Sugar
Mid Morning	1 Scoop Whey Protein
Lunch	Grilled Chicken Breasts/Grilled Paneer With Leafy Green Veg Salad + 1 Boiled Sweet Potato
Evening	Any Fruit Except Banana, Cheeku, Mango, Grapes
Post Workout	1 Scoop Whey Protein
Dinner	1 Plate Steamed Veggies + Chicken/Paneer Tikka With 1/2 Cup Rice
Bed Time	1 Glass Milk + 2 Tsp Esabgal



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