




# POCKET DIET

## GYMRAT ARC – 1 MONTH NUTRITION SYSTEM

### 1. GOAL MODIFICATIONS

TARGET GOAL	DIETARY ADJUSTMENT RULES
 <b>FAT LOSS</b>	<ul style="list-style-type: none"><li>• <b>Carbohydrates:</b> Strictly 1 Carb Source Per Meal</li><li>• <b>Protein:</b> 1 Protein Source Per Meal</li><li>• <b>Fibre:</b> Unlimited Vegetable intake allowed to maintain fullness.</li></ul>
 <b>LEAN BULK</b>	<ul style="list-style-type: none"><li>• <b>Carbohydrates:</b> Increase to 2 Carb Sources Per Meal</li><li>• <b>Protein:</b> 1 Protein Source Per Meal</li><li>• <b>Healthy Fats:</b> Mandatory 1 Healthy Fat Source daily.</li></ul>
 <b>RECOMPOSITION</b>	<ul style="list-style-type: none"><li>• <b>Carbohydrates:</b> Dynamic 1–2 Carb Sources Per Meal</li><li>• <b>Protein:</b> 1 Protein Source Per Meal</li><li>• <b>Micros/Fibre:</b> Vegetables mandatory in every single meal.</li></ul>

### 2. MACRO & MICRONUTRIENT SOURCES

<b>PROTEIN</b>	Boiled Egg Whites, Whole Eggs, Omelette (Less Oil), Veg Omelette, Paneer, Dal, Rajma, Chole, Sprouts, Milk, Curd, Greek Style Curd.
<b>CARBOHYDRATES</b>	Oats, Rice, Roti, Khichdi, Poha, Upma, Idli, Bread, Banana, Fruit Bowl, Potato Sabzi.
<b>HEALTHY FATS</b>	Peanuts, Pure Peanut Butter, Banana + Peanuts Combo, Ghee Roti.
<b>FIBRE &amp; MICROS</b>	Vegetable Soup, Stir-Fried Vegetables, Cucumber + Carrot Salad, Fresh Fruit Bowl.

### 3. 1-MONTH PERIODIZED TIMELINE

#### WEEK 1 – FOUNDATION

##### BREAKFAST

- 1 Protein Source | 1 Carb Source | 1 Fruit

##### LUNCH

- 1 Protein Source | 1 Carb Source | Salad

##### SNACK

- 1 Protein Source

##### DINNER

- 1 Protein Source | Vegetables

## WEEK 2 – PROGRESS

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### BREAKFAST

- 1 Protein Source | 1 Carb Source | 1 Fruit

### LUNCH

- 1 Protein Source | 1 Carb Source | Salad

### PRE/POST WORKOUT

- Banana | Milk or Curd

### DINNER

- 1 Protein Source | Vegetables

## WEEK 3 – OPTIMIZATION

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### PRE WORKOUT

- Banana | Oats

### POST WORKOUT

- Eggs, Paneer, Greek Curd or Milk

### LUNCH

- Protein First | Then Carbs | Then Vegetables

### DINNER

- Protein Source | Vegetables

## WEEK 4 – DISCIPLINE WEEK

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### RULES



- No Junk Food | No Sugary Drinks | Minimum 3 Litres Water Daily

### EVERY MEAL

- 1 Protein Source | 1 Carb Source | 1 Vegetable/Fruit Source

## 4. FOOD EXCHANGE MASTER LIST

FOOD ITEM	SERVING SIZE	CALORIES	MACRO VALUE
 <b>PROTEIN SOURCES</b>			
Egg White	1	17	4g Protein
Whole Egg	1	70	6g Protein
Paneer	100g	265	18g Protein
Low Fat Paneer	100g	150	20g Protein
Tofu	100g	80	12g Protein
Milk	250ml	150	8g Protein
Curd	200g	120	8g Protein
Greek Curd	200g	140	18g Protein
Soya Chunks	50g dry	175	26g Protein
Moong Dal	1 bowl	120	9g Protein
Masoor Dal	1 bowl	115	9g Protein
Chana Dal	1 bowl	140	9g Protein
Rajma	1 bowl	220	10g Protein
Chole	1 bowl	240	10g Protein
Sprouts	100g	100	8g Protein
Whey Protein	1 scoop	120	24g Protein
 <b>CARBOHYDRATE SOURCES</b>			
Oats	50g	190	33g Carbs
Rice (Cooked)	100g	130	28g Carbs
Brown Rice	100g	120	25g Carbs
Roti	1 medium	100	18g Carbs
Bajra Roti	1	110	20g Carbs
Jowar Roti	1	105	20g Carbs
Poha	1 bowl	250	35g Carbs
Upma	1 bowl	230	32g Carbs
Idli	1	60	15g Carbs
Dosa	1	170	30g Carbs

FOOD ITEM	SERVING SIZE	CALORIES	MACRO VALUE
Bread Slice	1	70	12g Carbs
Banana	1 medium	105	27g Carbs
Apple	1	95	25g Carbs
Mango	1 medium	135	35g Carbs
Potato	100g	87	20g Carbs
Sweet Potato	100g	90	20g Carbs
Corn	100g	96	21g Carbs
 <b>HEALTHY FAT SOURCES</b>			
Peanuts	30g	170	15g Fat
Peanut Butter	1 tbsp	95	8g Fat
Almonds	20g	115	10g Fat
Cashews	20g	110	9g Fat
Walnuts	20g	130	13g Fat
Pistachios	20g	110	9g Fat
Chia Seeds	20g	100	7g Fat
Flax Seeds	20g	105	8g Fat
Pumpkin Seeds	20g	110	9g Fat
Ghee	1 tbsp	125	14g Fat
Coconut	50g	175	17g Fat
 <b>FIBRE &amp; MICRONUTRIENT SOURCES</b>			
Cucumber	100g	15	1g Fibre
Carrot	100g	41	3g Fibre
Tomato	100g	18	1g Fibre
Beetroot	100g	43	3g Fibre
Spinach	100g	23	2g Fibre
Broccoli	100g	34	3g Fibre
Cabbage	100g	25	2g Fibre
Cauliflower	100g	25	2g Fibre
Apple	1	95	4g Fibre

FOOD ITEM	SERVING SIZE	CALORIES	MACRO VALUE
Orange	1	62	3g Fibre
Guava	1	68	5g Fibre
Papaya	100g	43	2g Fibre
Watermelon	100g	30	1g Fibre

## 5. TRACKING, TOOLS & INTEGRATIONS

### MY WORKOUT TRACKER (DAILY PROGRESS ARC)

Apne daily workout logs, sets, reps, aur dynamic lifts progression ko track karne ke liye is special system web app ka use karein. Progressive overload ko systematically monitor karne ke liye best utility hai.

Link: [myworkouttracker.pages.dev](https://myworkouttracker.pages.dev)

### CALORIE CALCULATOR (DAILY BASELINE SETUP)

Apne individual goals ke hisab se exact personalized daily target calories count karne ke liye is tool ka use karein. Age, weight, aur volume mapping ke liye automated framework hai.

Link: [calculator.net/calorie-calculator.html](https://calculator.net/calorie-calculator.html)

### HEALTHIFYME (BEST FOR INDIAN FOODS)

Ghar ki roti, dal, sabzi ke liye customized Indian food calories data logger platform.

Link: [healthifyme.com](https://healthifyme.com)

### MYFITNESSPAL (BEST FOR GLOBAL DIET)

Packaged groceries aur supplements scanning ke liye verified world-class macros utility checker.

Link: [myfitnesspal.com](https://myfitnesspal.com)

### Tracking Progression Graph Trend (Fat Loss Example)

Jaise-jaise aap weeks progressive level par complete karenge, strict tracking se calorie consistency aur health output graph aese improve karega:

#### WEEK 1: FOUNDATION PHASE

Starting

#### WEEK 2: PROGRESSION PHASE

55% Consistency

#### WEEK 3: OPTIMIZATION PHASE

78% Optimization

#### WEEK 4: DISCIPLINE LOCK-IN

100% Peak Results