



SHAPE YOUR BODY WITH ENERGY FIT

Join Us and
Transform Your
Body & Mind!

More information:

www.energyfit.nitifi.com



Introduction

A well-structured diet plan is essential for achieving your fitness goals. Whether you want to build muscle, lose fat, or improve overall performance, proper nutrition plays a crucial role. This guide will provide a comprehensive gym diet plan tailored for different fitness objectives.



Understanding Macronutrients

1.1 Proteins

Importance of protein for muscle growth and repair

Best sources: chicken, eggs, fish, tofu, lentils, whey protein

Daily intake recommendations

1.2 Carbohydrates

Role of carbs in energy production

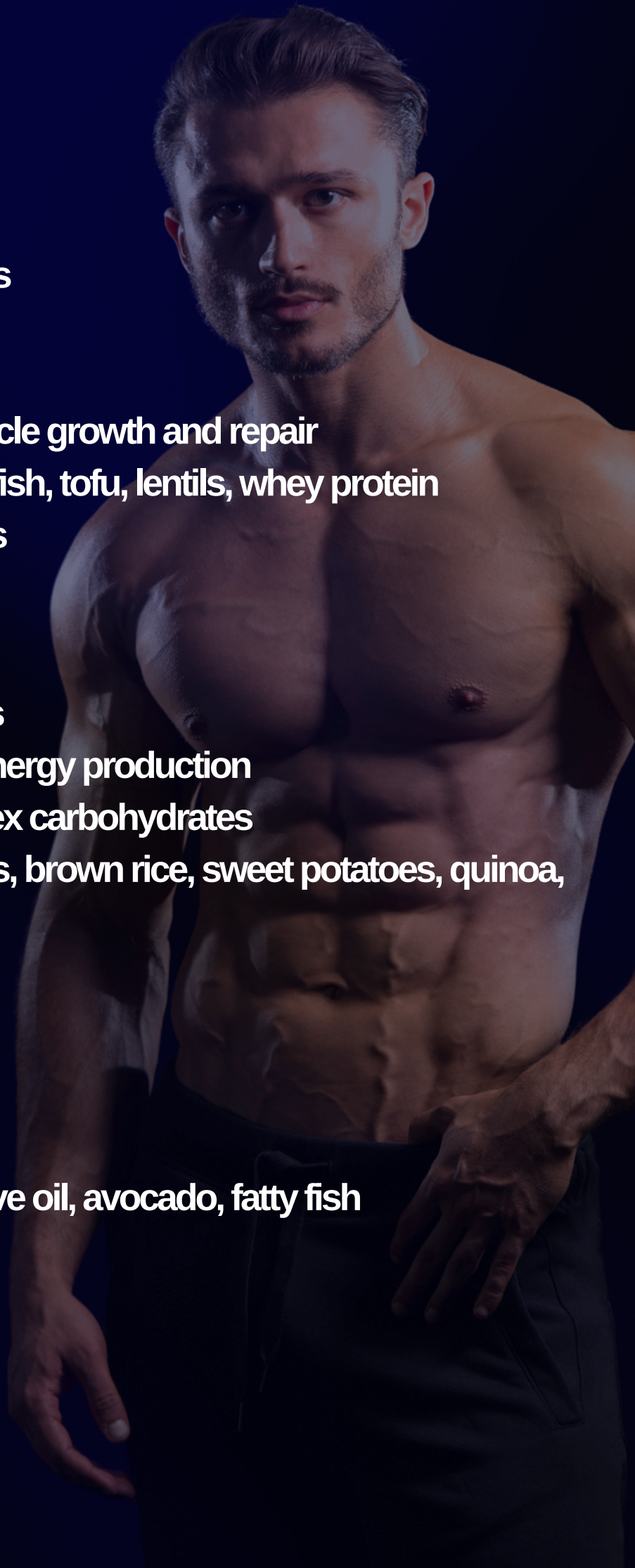
Simple vs. complex carbohydrates

Best sources: oats, brown rice, sweet potatoes, quinoa, whole grains

1.3 Fats

Healthy vs. unhealthy fats

Best sources: nuts, seeds, olive oil, avocado, fatty fish





Meal Timing and Frequency

Importance of pre- and post-workout meals

Optimal meal frequency for muscle gain and fat loss

Best foods to eat at different times of the day

Sample Diet Plans

Muscle Gain Diet Plan

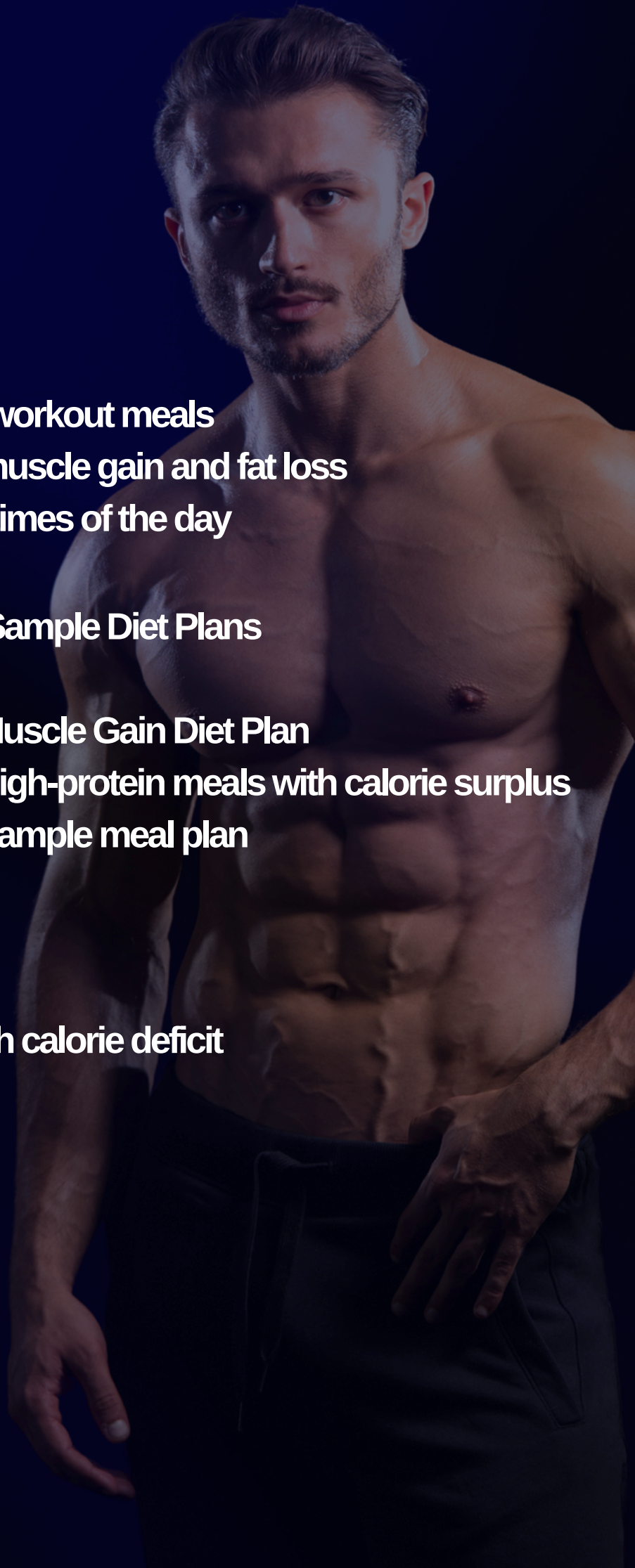
High-protein meals with calorie surplus

Sample meal plan

Fat Loss Diet Plan

Balanced macronutrients with calorie deficit

Sample meal plan





Hydration and Supplements

Importance of water intake

Recommended supplements (protein powder, BCAAs, creatine, multivitamins)

Common Mistakes and How to Avoid Them

Skipping meals

Relying too much on supplements

Not tracking calorie intake

Conclusion

A proper gym diet plan complements your workout routine and accelerates results. Follow this guide, stay consistent, and achieve your fitness goals efficiently!