

## HASHMI DIET

### 1. Morning – Pre-Workout

- Black Coffee
- 150g Boiled Sweet Potato (with 5g Ghee)
- 6g Creatine Monohydrate

**Macros:** ~30g Carbs / 3g Protein / 5g Fat

### 2. Post-Workout

- 50g Oats
- 1 Scoop Whey Protein
- 10g Almonds + Cashews Mix

**Macros:** ~38g Carbs / 34g Protein / 10g Fat

### 3. Lunch

- 180g Cooked White Rice
- 150g Boiled Chicken Breast
- 100g Daal (No oil)

**Macros:** ~67g Carbs / 45g Protein / 5g Fat

### 4. Evening Snack

- 30g Oats
- 1 Whole Egg
- 1 Scoop Whey Protein (in pancake)
- 5g Ghee
- 180g Curd (Dahi)

**Macros:** ~29g Carbs / 40g Protein / 20g Fat

### 5. Dinner

- 180g Cooked White Rice
- 100g Daal (No oil)
- 150g Boiled Chicken Breast
- 4 Boiled Egg Whites

**Macros:** ~42g Carbs / 53g Protein / 6g Fat

### Daily Supplement & Hydration Routine

- **Water Intake:** 4.5 Liters per day
- **Supplements:**
  - 1 Multivitamin
  - 1 Fish Oil Capsule
  - Ashwagandha (as per dosage)
  - Vitamin D3 (as per dosage)

### Daily Activity Goal

- **Walk:** Minimum **14,000 steps per day**

### Updated Daily Summary

- **Carbohydrates:** ~206g
- **Protein:** ~175g
- **Fat:** ~46g
- **Calories:** ~2050–2150 kcal