

# ENDOMORPH DIET PLAN

## Coach Amarsh

Website: coachamarsh.com

Instagram: @coach.amarsh

## DM for personalised diet & workout plan

Goal: Fat loss with muscle retention.

5 Meals Daily | High Protein | Low to Moderate Carbs | Healthy Fats

### Meal 1 — Breakfast (7–9 AM)

- Option 1: 5 Egg whites + 1 whole egg, 1 Brown bread slice, Green tea
  - Option 2: Oats (40g) with skim milk, 1 Scoop whey protein
  - Option 3: Paneer bhurji (80g paneer), 1 Multigrain roti
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### Meal 2 — Mid Morning (11 AM)

- Option 1: 1 Apple + Green tea
  - Option 2: Greek yogurt / low-fat curd bowl
  - Option 3: Handful almonds + cucumber
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### Meal 3 — Lunch (1–3 PM)

- Option 1: 150g Chicken breast, Salad, Small portion rice
  - Option 2: 2 Rotis, Dal, Salad, 100g Paneer
  - Option 3: Fish (150g), Stir-fried vegetables
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### Meal 4 — Pre/Post Workout Snack

- Option 1: Black coffee + Banana
  - Option 2: Whey protein shake
  - Option 3: Roasted chana + green tea
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### Meal 5 — Dinner (8–10 PM)

- Option 1: Grilled chicken / fish with vegetables
  - Option 2: Paneer salad bowl + soup
  - Option 3: Soy chunks + sautéed vegetables
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**Important Guidelines**

- Drink 4–5 liters water daily
- Avoid sugar, fried & processed foods
- 30–45 mins cardio recommended
- Sleep 7–8 hours daily
- Maintain workout consistency

**Coach Amarsh**

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