

MAXX RAW ■ DAILY NUTRITION PROTOCOL

Personalized Daily Nutrition Plan • Fat Loss & Muscle Building Protocol • By Ajay Rawat



CLIENT DOSSIER Male, 35 yrs 170.0 cm 84.0 kg Diet: Eggetarian Cuisine: Indian Traditional Tier: Everyday Fitness	Phase: Building TDEE: 2685 kcal Membership: ★ PRO MEMBER (Active)
Daily Target: 2279 kcal	Protein: 165g (min) Fat: 60g (min) Carbs: 270g

BREAKFAST — EGG WHITE OMELETTE WITH VEGGIES & PROTEIN TOAST	~374 kcal 38P, 42C, 6F
- Egg Whites (200g, approx 6 large egg whites) - Whole Egg (1 whole egg, 50g) - Mixed Veggies (Spinach 40g, Tomatoes 50g, Bell Peppers 50g) cooked with 0g oil (non-stick pan) - Whole Wheat Bread (2 slices, 60g) - Fresh Lemon Juice (15ml) with black pepper over veggies	

LUNCH — EGG CURRY WITH QUINOA, CURD & GREEN SALAD	~742 kcal 44P, 92C, 22F
- Whole Boiled Eggs (3 eggs, 150g) in onion-tomato gravy (prepared with 100g onions, 100g tomatoes, ginger-garlic paste, spices, 0g added oil) - Quinoa (180g cooked) - Fresh Low-Fat Curd (150ml) - Green Salad (Cucumber 100g, Lettuce 50g, Radish 50g) dressed with fresh Lemon Juice (15ml)	

DINNER — EGG BHURJI WITH MOONG DAL ROTI & MIXED VEG SOUP	~1181 kcal 85P, 136C, 33F
- Egg Bhurji: Whole Eggs (2 eggs, 100g) + Egg Whites (100g) scrambled with Onions (50g), Tomatoes (50g), Green Chillies, and Coriander (0g oil) - Moong Dal Roti (2 pcs, 80g) - Clear Vegetable Soup (Carrots 50g, Cabbage 50g, Beans 50g in 300ml vegetable broth) - Cucumber Raita (Curd 100ml + Grated Cucumber 80g + Roasted Cumin Powder)	

Daily Macro Totals: ~2297 kcal 167g Protein 270g Carbs 61g Fat	Hydration Target: 4.0 Litres daily
Micronutrients (ICMR/RDA): Iron: ~18.5mg (RDA Satisfied • Citrus bio-enhanced non-heme pairing) Calcium: ~1040mg (104% RDA • Bioavailable dairy & ancient grain matrix) Vitamin C: ~135mg (>100% RDA • Citrus, bell peppers, tomatoes & greens) Sodium: ~1,850mg (Optimal • Within 2,300mg CDRR threshold)	Standard: Aligned with ICMR/RDA Guidelines

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