

Veg Diet Plan For Cricketers

This is the complete diet plan for cricketers to get complete nutrition and increase performance. Follow this plan to get best out of your game. I myself follow this diet to stay active and fresh throughout the day

- **Avoid high Sugary Foods**
- **Avoid Junk food or Outside Food**
- **Keep Yourself Hydrated**

Pre Training in Morning

1 banana

During Training (Any One)

1. Glucon-d - 4-5 Tsp in water
2. 5gm salt + 1-2 tsp honey + water
3. Electrolytes

Post Training Within 30 min after workout (Any One)

1. 1 Scoop Protein (Go for vegan protein) + 1 bowl mixed fruit - Papaya, mango, lichi or seasonal fruits)
2. 1 slice bread + 1 tsp peanut butter + 1 banana / 2-3 slices of mango + 250ml Soy Milk

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Designed by [Rohit Shyokand](#) for All Cricketers

Breakfast (Any One)

1. Cooked Vegetable Oats / Dalia / Sewiaan / Quinoa + Salad (beans, boiled chickpeas / black cholley / Rajma + 50 gm tofu / paneer) + 1 cup curd + Handful of nuts
2. Smoothie - 250 ml soy milk or Normal milk + 1 banana / 1 Mango + 1 tsp peanut butter + 1 tsp chia seeds + 40 gm oats
3. Overnight oats - Put 200 ml milk + 40 gm oats + 2 tsp chia seeds in a glass container with lid at night. Keep in the fridge till the time of your breakfast. Take out of the container in a bowl and add fruits of your choice eg, banana, papaya, mango. Add 1 tsp peanut butter + Handful of dry fruits.

Lunch (Any One)

1. 1 Bowl Rajma / Cholley / Daal or Any Sabji + 1 Cup Brown Rice + 1 Roti + Salad (cucumber, onion, red yellow bell peppers + your choice) + 1 Cup Dahi or lassi)
2. Salad (150 gm tofu / paneer + corns + beans + red yellow bell peppers + 1 Tbsp Olive Oil) + 1 Bread Toast

Snacks (Any One)

1. Sandwich - 2 Slice Brown Bread + 2 Tsp Peanut Butter + 1 Banana / Slices of Papaya / 2-3 Slices of Mango

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2. Shake - 250 ml milk + 1 Banana / Mango

Dinner (Any One)

1. 1 Bowl Yellow Dal + 1 Cup White Rice + 1 Tsp Ghee in Dal

2. Salad (150 gm tofu / paneer + corns + beans + red yellow bell peppers + 1 Tbsp Olive Oil)

This is a complete nutritional diet plan for cricketers to meet their daily macronutrients and micronutrients so that they can improve their performance.

If you liked this diet plan do share this with your friends and this can be consumed by non athletes also.

**Stay Safe, Eat Healthy,
Live Long, Achieve Your
Goals**