Nutrition Plan for Aniket

Meal 1: - Pre workout black coffee

Meal 2: - Post workout - 1 Scoop whey Isolate in 250 ml water

-5-gram Glutamine

Meal 3: - Breakfast - 30-gram oats

- 50-gram green mooge or matki

Meal 4: - Lunch – 1 Bhakri with 50-gram soy chunk (or 70-gram paneer bhurji)

- Half Plate Salad (Lettuce, Cucumber, Carrots, etc)

Meal 5: - Snacks – 1 chapati

- 1 spoon Peanut butter

- 1 Scoop whey Isolate in 250 ml water

Meal 6: - Dinner - 100-gram paneer with 100-gram rice

- Half Plate Salad (Lettuce, Cucumber, Carrots, etc)

- 1 multi vitamin and 1 omega 3