

# BULKING DIET ~3000 CALORIES

## MORNING SHAKE ~ 9AM

100 GM OATS + 500 ML MILK+ 30 GM PEANUT BUTTER+ 2 BANANA

1000 CALORIES : 35 GM PROTEIN

## LUNCH ~ 12-1 PM

100 GM PANEER + 4 SLICES BREAD + 30 GM PEANUTS

800 CALORIES : 40 GM PROTEIN

## PRE WORKOUT

1 BANANA AND COFFEE

100 CALORIES

## POST WORKOUT

3 EGGS WITH CREATINE 5 GM

200 CALORIES :20 GM PROTEIN

## DINNER ~ 9 PM

3 CHAPATI + RICE + DAL+ SALAD

500 CALORIES :10 GM PROTEIN

## LATE NIGHT SNACK

3 EGGS WITH 30 GM PEANUT BUTTER / 1 MAGGI

400 CALORIES :25 GM PROTEIN