



CREATED BY GYMNASIUM

MEAL 1 – Breakfast (8-9 AM)

Food	Calories	Protein (g)	Carbs (g)	Fat (g)
HOME MADE MUSCLE GAIN SHAKE				
1 cup Oats Powder	310	10	54	6
4 egg whites (or Whey)	64	16	0	0
1 spoon Boost	49	3	7	1
1 spoon Peanut Butter	87	3	3	7
½ cup Low Fat Yogurt (Curd)	45	3	6	1
Pinch Cinnamon	0	0	0	0
300ml water	0	0	0	0
3-4 ice cubes	0	0	0	0
5g BCAA (OPTIONAL)	0	0	0	0
Total	555	35	70	15

Preparation:

- Put 1 cup of dry oats in a mixer, run it for 30sec and the oats powder is ready.
- Take out the dry oats powder and put it in a bowl.
- Now add water, egg whites liquid (or whey) and oats powder in the mixer. Blend it for 10sec.
- Add ice, boost, peanut butter, yogurt and cinnamon. Run the mixer for another 20-30sec.
- Home Made Muscle Mass Gainer Shake is ready

Key Point:

- Few days a week you can also eat oatmeal instead of shake.
- Mix whey, boost, peanut butter, BCAA and cinnamon in oatmeal. Also add ½ apple.
- Eat ½ cup yogurt separate.

Supplements:

- Boost
- Whey protein (OPTIONAL)
- Multivitamins
- BCAA (OPTIONAL)

Any quality brand:- ON, GNC, BSN, MetRx, Dymatize, MusclePharm, Allmax, Isopure, etc.

MEAL 2 – Snack (10-11 AM)				
Food	Calories	Protein (g)	Carbs (g)	Fat (g)
5 Egg whites and 1 whole egg	153	26	1	5
1 cup Black Roasted Channa	177	7	26	5
4-6 Biscuits	213	2	40	5
1cup Ginger Tea	12	0	3	0
Total	555	35	70	15
Preparation: <ul style="list-style-type: none"> Boil 6 eggs, Eat 5 eggs without yolk and 1 with yolk. Buy non-salted dry black roasted channa, eat only 1 cup around 100 grams. Get whole-wheat plain marigold biscuits. 1Cup Indian ginger with low sugar and low milk. 				
Key Point: <ul style="list-style-type: none"> Few times a week, instead of boiled eggs make omelet. Instead of channe, eat 2-3 slices of whole wheat bread with omelet. 				
Supplements: -- None ---				

MEAL 3 – Lunch (1-2 PM)				
Food	Calories	Protein (g)	Carbs (g)	Fat (g)
5 Egg whites and 1 whole egg (Scrambled)	153	26	1	5
2 spoon Onion	4	0	1	0
1 spoon Tomato	4	0	1	0
2 spoon Bell Pepper	4	0	1	0
1 Handful Spinach	8	0	2	0
Pinch Salt/Pepper	0	0	0	0
½ Olive Oil	63	0	0	7
2 Chapati	251	8	48	3
1 Orange or 1 Pear	68	1	16	0
Total	555	35	70	15
Preparation: <ul style="list-style-type: none"> Scrambled 5 eggs (4 without yolk & 1 with yolk), add onion, tomato, bell pepper, spinach and salt/pepper for taste. Use non-sticky pan, so that way you don't need to put oil. 2 or 2 ½ plain wheat roti. 				
Key Point: <ul style="list-style-type: none"> Few days a week, Instead of eggs eat 120 grams of chicken or 2 cups of beans/lentil, etc. Twice a week, instead of roti eat 1cup brown rice. 				
Supplements: -- None ---				

MEAL 4 – Snack (4-5 PM)				
Food	Calories	Protein (g)	Carbs (g)	Fat (g)
200g Low Fat Cottage Cheese (Paneer)	173	13	19	5
3 Slice Wheat Bread	243	12	42	3
1sp Peanut Butter	95	4	4	7
1 or 1/2 Banana	44	1	10	0
1cup Coffee	0	0	0	0
Total	555	30	75	15
Preparation: <ul style="list-style-type: none"> • Get 150g paneer, make few slices and add pinch of salt and ketchup, then eat. • Toast 3 wheat slice, add 1sp of peanut butter and little bit jam, chop 1 banana and put it in between the slices. • 1Cup coffee with low sugar and low milk (or black coffee without milk and sugar) 				
Key Point: <ul style="list-style-type: none"> • Few times a week, instead of paneer, boil 5-6 eggs. • Instead of bread, eat oatmeal 				
Supplements: -- None ---				

Post-Workout (7-8 PM)				
Food	Calories	Protein (g)	Carbs (g)	Fat (g)
2 scoop Whey (or 8-12 egg whites liquid)	235	50	2	3
1sp Boost	66	4	8	1.5
2sp Glucose-C or 2sp Gatorade	120	0	30	0
1 Banana (or frozen banana)	104	1	25	0
350ml cold water	0	0	0	0
Total	525	55	65	5
Preparation: <ul style="list-style-type: none"> • Add 300ml water in a mixer or blender, • Then add frozen banana, whey (or egg whites liquid), boost and glucose-c. • Mix them for 30sec. 				
Key Point: <ul style="list-style-type: none"> • Take post workout shake within 30mins after workout. 				
Supplements: <ul style="list-style-type: none"> • Whey (Optional) • Boost • Glucose-C or Gatorade • BCAA (Optional) 				

MEAL 5 – Dinner (9-10 PM)				
Food	Calories	Protein (g)	Carbs (g)	Fat (g)
½ cup Kidney Beans	69	5	10	1
½ cup Black Beans	69	5	10	1
½ cup White Channe	69	5	10	1
2 spoon Onion, Tomato,	0	0	0	0
1sp Ginger Garlic	0	0	0	0
½ spoon Olive Oil	72	0	0	8
Pinch Salt/Pepper	0	0	0	0
2 Chapati	228	8	40	4
3 egg white (boiled)	48	12	0	0
Total	555	35	70	15
Preparation: <ul style="list-style-type: none"> Boil kidney beans, black beans and white channe in a cooker, drain water, and then add olive oil, spices and other vegetables. 2 or 2 ½ plain whole wheat roti. 				
Key Point: <ul style="list-style-type: none"> Few days a week, Instead of beans eat 120 grams of chicken or fish etc. Once a week, instead of roti eat 1cup white rice or 1cup brown rice 3-4 times a week 				
Supplements: -- None ---				

CALORIES: 3300 / **PROTEIN: 225g** / **CARBS: 420g** / **FAT: 80g**

