

Meal 1 — Breakfast (8:00–9:00 AM)

Oats Protein Bowl

- Rolled oats – 80g
- Milk (low-fat) – 250ml
- Whey protein isolate – 1 scoop (~25g protein)
- Almonds – 6 pieces
- Banana – 1 medium
- Chia seeds – 1 tbsp
- Cinnamon – a pinch

Macros: ~550 kcal | 35g protein | 65g carbs | 15g fats

Micronutrients: Magnesium, potassium, calcium, omega-3s, B vitamins

Meal 2 — Lunch (1:00–2:00 PM)

Balanced Indian Thali

- Brown rice or White Rice – 100g (dry weight)
- Dal (mixed lentils or moong dal, Masoor dal, Tur dal) – 1.5 cups
- Paneer – 100g (grilled or in curry)
- Mixed vegetable sabzi (broccoli, spinach, beans, carrots) – 1 cup
- Ghee or Olive oil – 1 tsp (for cooking)
- Salad (tomato, cucumber, carrot, beetroot, lemon)

Macros: ~650 kcal | 40g protein | 80g carbs | 18g fats

Micronutrients: Iron, zinc, vitamin A, C, folate, calcium

Meal 3 – Peanut Butter Sandwich (5:00–6:00 PM)

Whole wheat or multigrain bread 3 slices

Peanut butter (unsweetened)2 tbsp (32g)

Banana (sliced)

Chia seeds 1 tsp

Honey1 tsp (optional)

Whey protein (plant-based optional)1 scoop

Low-fat milk 200 ml

 **Macros:** **Calories:** ~480–500 kcal, **Protein:** 35 g, **Carbs:** 50 g, **Fats:** 15–18 g

Micronutrients: Calcium, Iron, Magnesium, Vitamin E, Potassium, Zinc & B-vitamins, Omega-3s

Meal 4 — Dinner (8:00–9:00 PM)

High-Protein Dinner

- Soya chunks – 80g (cooked; rich complete protein)
- Chapati (wheat or millet) – 2 medium
- Mixed vegetable curry – 1 cup
- Green salad
- (Optional) 1 glass buttermilk or low-fat milk before bed

Macros: ~650 kcal | 40g protein | 70g carbs | 15g fats

Micronutrients: Iron, calcium, vitamin K, fiber

Tips:

Stay Hydrated: **Water 3–4 Liters/day**

Hit **progressive overload** in gym (track strength weekly).

Sleep 7–8 hours daily — muscle recovery depends on it.

Stay consistent — **3–4 weeks minimum** before adjusting calories.

Rotate protein sources: paneer, tofu, lentils, chickpeas, soya, Greek yogurt