

Diet plan

Meal 1: breakfast 7-8am

- 1 60 gm oats
- 2 3 boiled eggs or omelet
- 3 Tea or milk (1 cup)

Meal 2: snack 10-11 am

Smoothie

1. 200ml milk
2. Half scoop whey
3. 1 banana
4. Peanut butter

Blend it and carry wherever u want

Meal 3: lunch 1-2 pm

Homemade as per your choice or

1. 100gm chicken
2. 200gm rice
3. 2-3 roti

Meal 4: post workout drink after gym

1. Whey protein
Or
2. banana with 3 egg whites or whole

Meal 5: dinner homemade 9-10pm

1. 100gm chicken or chaneer or paneer or daal
2. 100gm rice
3. 3 roti
4. Salad (optional)

NOTES:

1. Drink about 700ml water during workout
2. Be flexible about diet means you can have your favourite foods any time you want.
3. Don't worry about calories, just have an idea of your diet.

By GARVIT MOHAN

