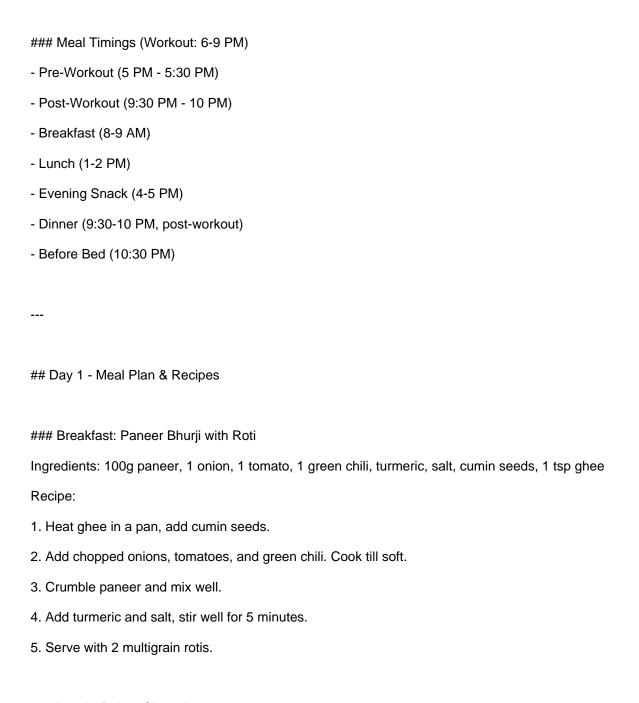
1-Month Vegetarian Meal Plan with Recipes (For Muscle Gain)



Lunch: Rajma Chawal

Ingredients: 1 cup cooked rajma, 1 cup rice, onion, tomatoes, garlic, ginger, cumin seeds

Recipe:

- 1. Heat oil, sauté cumin seeds, onions, garlic, and ginger.
- 2. Add chopped tomatoes, cook till soft.
- 3. Add boiled rajma, mix well.
- 4. Simmer for 10 minutes and serve with rice.

Pre-Workout: Banana Peanut Butter Shake

Ingredients: 1 banana, 1 tbsp peanut butter, 1 cup milk

Recipe:

1. Blend everything until smooth.

2. Drink 30-60 min before the workout.

Post-Workout: Protein-Rich Paneer Wrap

Ingredients: 50g paneer, 1 whole wheat roti, lettuce, onion, yogurt dressing

Recipe:

1. Sauté paneer with mild spices.

2. Add it to the roti with lettuce and onion.

3. Drizzle yogurt dressing and wrap it.

Dinner: Soya Chunk Curry with Roti

Ingredients: 1 cup soya chunks, onion, tomato, cumin, turmeric, chili powder, salt

Recipe:

1. Boil soya chunks and squeeze excess water.

2. Sauté onions and tomatoes with spices.

3. Add soya chunks, mix well, and simmer.

4. Serve with roti.

Before Bed: Warm Milk with Almonds

Ingredients: 1 glass milk, 5 almonds

Recipe:

1. Heat milk and add chopped almonds.

2. Drink before sleep.

... (Continued for 30 Days with varied meals)