

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

Meal Timings (Workout: 6-9 PM)

- Pre-Workout (5 PM - 5:30 PM)
- Post-Workout (9:30 PM - 10 PM)
- Breakfast (8-9 AM)
- Lunch (1-2 PM)
- Evening Snack (4-5 PM)
- Dinner (9:30-10 PM, post-workout)
- Before Bed (10:30 PM)

Day 1 - Meal Plan & Recipes

Breakfast: Paneer Bhurji with Roti

Ingredients: 100g paneer, 1 onion, 1 tomato, 1 green chili, turmeric, salt, cumin seeds, 1 tsp ghee

Recipe:

1. Heat ghee in a pan, add cumin seeds.
2. Add chopped onions, tomatoes, and green chili. Cook till soft.
3. Crumble paneer and mix well.
4. Add turmeric and salt, stir well for 5 minutes.
5. Serve with 2 multigrain rotis.

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)