

3300 calories

225protein/420carbs/80fat

NOTE: Quantity of ingredients will depend on your Macro split and calorie limit. This is an example.

MEAL 1- Muscle Gain Shake(7-8 am)

1 cup Oats Powder
4 egg whites (or Whey)
1 spoon Boost
1 spoon Peanut Butter
½ cup Low Fat Yogurt (Curd)
Pinch Cinnamon
300ml water
3---4 ice cubes
5g BCAA (OPTIONAL)

MEAL 2-Eggs (11-12 noon)

5 Egg whites and 1 whole egg
1 cup Black Roasted Channa
4---6 Biscuits
1cup Ginger Tea

MEAL 3- Bhurji with chapati (2-3pm)

5 Egg whites and 1 whole egg (Scrambled)

2 spoon Onion

1 spoon Tomato

2 spoon Bell Pepper

1 Handful Spinach

Pinch Salt/Pepper

½ Olive Oil

2 Chapati

1 Orange or 1 Pear

MEAL 4- Toast (5pm)

200g Low Fat Cottage Cheese (Paneer)

3 Slice Wheat Bread

1sp Peanut Butter

1 or ½ Banana

1cup Coffee

PRE-WORKOUT DRINK, INTRA WORKOUT & POST WORKOUT DRINK

Pre-workout (5:30 pm)

-2.5 g creatine monohydrate

-5g BCAA

Intra workout (during workout)

-10g BCAA (OPTIONAL)

..... WORKOUT.....(evening 6-7:30 pm)

Post workout (7:30)

2 scoop Whey (or 8---12 egg whites liquid)
1sp Boost
2sp Glucose---C or 2sp Gatorade
1 Banana (or frozen banana)
350ml cold water

Note: If you work out in MORNING then, Have MEAL 1 at least 1 hour before your workout and take your pre workout with it.

MEAL 5- Beans & Roti(8:30- 9 pm)

½ cup Kidney Beans
½ cup Black Beans
½ cup White Channe
2 spoon Onion, Tomato,

1sp Ginger Garlic
½ spoon Olive Oil
Pinch Salt/Pepper
2 Chapati
3 egg white (boiled)

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YFG