

3500 calories

218protein/481carbs/77fat

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

MEAL 1- Bulk Shake(7-8 am)

2 BANANA
1 SCOOP WHEY
240ML MILK
150ML WATER
1.5SP PEANUT BUTTER
1/2 CUP OATS POWDER
PINCH CINNAMON

MEAL 2-Bread & omelete (11-12 noon)

2 WHOLE EGGS
2 EGG WHITES
3-4 MULTIGRAIN BREAD SLICES
2SP JAM
1-2 BANANA (OPTIONAL)

MEAL 3- Egg Rice (2-3pm)

1 CUP RICE

1/2 CUP KIDNEY BEANS

4 EGG WHITES

1/2 cup PEAS

1SP GHEE OR COCONUT OIL (OPTIONAL)

MEAL 4- Bulk Shake (5pm)

2 BANANA

1 SCOOP WHEY

240ML MILK

150ML WATER

1.5SP PEANUT BUTTER

1/2 CUP OATS POWDER

PINCH CINNAMON

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)

-5g creatine monohydrate

-1 scoop whey Isolate or Blend or concentrate protein.

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- Patato Chicken Beans(8:30- 9 pm)

220g POTATO

1/2 CUP WHITE CHANNE

1 TOMATO

80g GRILLED CHICKEN

ISP BARBIQ SAUCE (OPTIONAL)

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