

2816 calories
210protein/350carbs/62fat

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

MEAL 1- eggs & apple(7-8 am)

1 CUP OATS
1/2 APPLE
5 BOILED EGG WHITES
1 WHOLE EGG

MEAL 2-Bread Toast (11-12 noon)

3 BREAD
1SP PEANUT BUTTER
0.8 scoop WHEY PROTEIN
WATER 240ML

MEAL 3- Channa Rice (2-3pm)

240g BLACK CHANNA
1/2CUP RICE
COOKED IN 1/2SP COCONUT OIL
MIX SALAD

MEAL 4- Eggs (5pm)

5 BOILED EGG WHITES

3 RICE CAKE

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- Chicken Rice (8:30- 9 pm)

1CUP RICE OR 200G POTATO

120g CHICKEN BREAST OR THIGHS OR LEGS

1SP GHEE OR OLIVE OIL

MEAL 5- Casein Protein(8:30- 9 pm)

240ML MILK (Fat free)

1SP WHEY OR CASEIN

28G ALMONDS

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