**MUISCLE GAIN DIET PLAN**

**PRE-WORKOUT MEAL :-**

1. **Oats (50g)**
2. **2 Bananas**
3. **Whey protein shake**

**POST-WORKOUT MEAL :-**

1. **Eggs (2)**
2. **Egg Whites (5)**
3. **Brown Bread (2)**

**LUNCH (veg) :-**

**1) Paneer (150g)**

**2) Soya-Chunks (25g)**

**3) Rice (80g)**

**Non-Veg :-**

1. **Chicken (100g)**
2. **Rice (80g)**

**Evening Snacks :-**

1. **1 Cup of Curd**
2. **Brown Bread (2)**
3. **Peanut Butter (2 spoons)**

**Dinner :-**

1. **Eggs (2)**
2. **Chicken (100g)**
3. **Chapati (2)**

**Weight loss diet plan**

**Morning :-**

1. **3-4 glasses of water**
2. **1 apple**

**Breakfast :-**

1. **Oats (50g)**
2. **Dosa with panner**

**Between lunch and breakfast :-**

1. **1-2 glasses of water**

**Lunch :-**

1. **Brown rice with ghee**
2. **Paneer**
3. **Chicken breast**
4. **Black pepper with curd**

**Between evening snacks and lunch :-**

1. **1-2 glasses of water**

**Evening Snacks :-**

1. **1 fruit**
2. **Un-saulted peanuts**
3. **Cup of tea**
4. **Paneer roti**
5. **Egg whites**

**Dinner :-**

1. **2 roti**
2. **Milk with pepper**
3. **kichidi**