



<b>Target: Lean muscle gain</b>	<b>Foods and Quantity</b> <div> <b>2702 kcal</b>  <b>Carbs : 388 grams</b>  <b>Protein: 130 grams</b>  <b>Fats : 70 grams</b> </div>
Early morning upon waking up(6am)  Pre workout  Post workout	5 almonds(soaked in water at night and eat)  2 grams creatine in 100 ml water  1Scoop whey protein+ 2 grams creatine in 300 ml water
Breakfast	4: chapatti + 1 cup any veg curry+ 1multivitamin+1 fish oil + 1 ZMA  Or  Mushroom Omelette 5 whole eggs+ 100 grams Mushroom + 100 grams any green leafy vegetables+ 1 multivitamin+1 fish oil + 1ZMA
After half an hour	Drink a glass of water
Lunch	Brown rice 140 grams + 200 grams paneer + 100 grams Any veggies( except underground grown) + 1 ZMA  Or  65 grams toor/moong/chole(In place of Paneer etc.)





After half an hour	200 ml butter milk with 1 teaspoon flaxseed
Snack	<p>Apple/guava/watermelon/pineapple 150 grams + 10 grams pumpkin seeds</p> <p>Or</p> <p>Dark Chocolate 4 pieces</p>
Dinner	<p>Brown rice 140 grams + 50 grams soya granules/chunks +100grams Any veggies ( except underground grown) + 1 ZMA</p> <p>Or</p> <p>65 grams masoor/Urad dal/rajma(in place of soya etc.)</p>
Before bed	1 spoon jeera powder in 300 ml water

✦ HAPPY DIETING ✦



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**NOTE:**

- \*All food quantities should be considered as raw weight (before cooking)**
- \*4 Liters of water is mandatory.**
- \*Use all herbs to make them flavored.**
- \*Use 27 grams of ghee/coconut oil/olive ( for cooking the food whole day)**
- \* You can interchange the food according to your need(example: u can have breakfast food in dinner and dinner food in breakfast)**
- \* pre & post workout adjust it accordingly to your workout timings**

