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|  | **Daily diet schedule plan** |
| 8:00 am (morning) | oats +banana+peanut butter |
| 10:00 am | Fry , eggs , 2 slice bread (mix dry fruit) |
| 12:00 pm | Banana shake |
| 2:00 pm (lunch) | 200 gm rice , 200gm beef |
| 4:00 pm | 6 banana |
| 6:00 pm | Potato 2 pcs |
| 10:00 pm | **AFTER WORKOUT** shake (banana+peanut butter+khajoor+honey+1spoon whey) |

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| **DINNER** | 200gm Boiled rice + 200gm beef + 1 Roti ghar ki |
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