

DIET PLAN

MUSCLE BUILDING

Breakfast (8-9am)	4 eggs omlette+ 4 slices of bread + 3 bananas + oats
Morning snack (11am)	Peanuts , bhune chane , 1 banana
Lunch (2pm)	Dal + 3-4 chapati + rice + curd + salad
Evening snack (before workout)	2 slices bread with peanut butter + 1 banana or oat meal
Preworkout drink (15min before workout)	Black coffee
After workout drink	Whey protein (if u have) otherwise banana shake
Post workout meal	4-5 egg whites or 100gm chicken