

☒ COMPLETE 12 WEEK BREAKDOWN

☒ PHASE 1: FOUNDATION BUILD (Week 1–4)

☒ Objective:

- Appetite improve karna
 - Digestion strong karna
 - Strength base banana
 - 1–2 kg healthy weight gain start
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☒ Detailed Daily Meal Structure

☒ Morning Routine (7–8 AM)

- Warm water
- 5 soaked almonds
- 2 walnuts
- 1 banana
- 1 tsp peanut butter

⊗ Breakfast (High-Calorie Rotation)

Week 1:

- Vegetable poha + peanuts
- Paneer paratha (low oil) + curd
- Oats milk porridge + dry fruits
- Besan chilla + butter small

Week 2:

- Banana peanut butter smoothie (milk based)
- Paneer bhurji + 2 roti
- Sprouts + boiled potato bowl
- Upma + roasted cashews

Week 3 & 4:

Repeat highest calorie + best digesting meals.

⊗ Mid-Morning

- Mango shake / banana shake
 - Coconut water
 - 1 handful roasted peanuts
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⊗ Lunch Structure

- 3 multigrain roti OR 1 bowl rice + 2 roti
 - 1 bowl sabzi
 - 1 bowl dal / rajma / chole
 - 100g paneer / tofu
 - Big salad
 - Buttermilk
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⊗ Evening Snack

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Peanut butter sandwich

- Roasted chana
 - Dates (2–3)
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⊗ Dinner (Before 9 PM)

Option A:

Paneer bhurji 150g + 2 roti

Option B:

Soy chunks pulao

Option C:

Dal + rice + ghee 1 tsp

Before Bed:

Glass of milk + 1 tsp peanut butter

⊗ PHASE 1 WORKOUT

Week 1:

- Pushups 3x10
- Squats 3x12
- Plank 30 sec
- 15 min walk

Week 2:

- Add lunges
- Increase reps

Week 3:

- Add resistance band (if available)

Week 4:

- Progressive overload (+20%)
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☒ PHASE 2: MUSCLE ACCELERATION (Week 5–8)

☒ Objective:

- Visible muscle gain
 - Strength increase
 - 2–3 kg weight gain
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⊗ Diet Upgrade

- Increase protein to 1.5g per kg body weight
- Add soy chunks 4x per week
- Add Greek yogurt
- Add flax seeds
- Add 1 tsp ghee daily

High-Calorie Add-ons:

- Peanut butter extra spoon
- Dry fruits mix
- Homemade mass gainer smoothie

⊗ Workout Upgrade

Week 5–6:

- 4 days strength training
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Push / Pull / Legs split

- 12–15 reps hypertrophy focus

Week 7–8:

- Add weighted squats
- Decline pushups
- Core strengthening
- Plank 60 sec

☒ PHASE 3: LEAN BULK TRANSFORMATION (Week 9–12)

☒ Objective:

- Visible chest & arm growth
 - Controlled fat gain
 - Strong physique
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⊗ Advanced Diet Strategy

- Calorie surplus +300–400 kcal
- Protein focus vegetarian

Protein Sources:

- Paneer
- Tofu
- Soy chunks
- Lentils
- Sprouts
- Peanut butter
- Greek yogurt

No junk bulking.

No daily sweets.

Clean calories only.

⊗ Advanced Workout

3–4 Days Strength
Heavy compound focus:

- Squats
- Pushups variations
- Resistance band rows
- Plank 90 sec
- Bulgarian split squats

Optional: Gym access ☒ Barbell training

☒ WEEKLY TRACKER TEMPLATE

Every Sunday record:

Weight:

Chest size:

Arm size:

Waist size:

Energy level (1–10):

Workout completion %:

Protein intake:

☒ MASTER GROCERY LIST

Proteins:

- Paneer
- Tofu
- Soy chunks
- Lentils
- Rajma
- Chole
- Peanut butter

Carbs:

- Brown rice
- Multigrain atta
- Oats
- Potatoes

Fats:

- Almonds

- Walnuts

- Flax seeds

- Ghee

Vegetables:

- Spinach

- Carrot

- Beetroot

- Capsicum