

Indian Diet Plan For Musclebuilding

Food Item	Calories (kcal)	Protein (gms)
Early Morning		
Traditional egg nog (4 eggs, low fat milk , 2 tsp sugar) (1 glass)	223	12
OR		
Soaked almonds (40 gms) + Skimmed milk (1 glass)	172 + 86	6.3 + 8
Breakfast		
Aaloo Ka Paratha (3 Medium)	486	9
Curd (1 soup bowl)	98	11
Sprout salad (1 big cup)	210	9
OR		
Chicken sandwich (4 slice brown bread)	415	30
Mid-Morning		

1 Grape fruit or Water melon /Pineapple / Cantaloupe (1 whole / 1 big bowl) + 2 cheese slice	60 + 120	6
Lunch		
Brown rice pulav (1.5 cup)	345	7.5
Stir fried broccoli , Cauliflower and Mushrooms (1 big cup)	50	3
Mixed bean salad (red beans , chickpeas , soya beans) (1 big cup)	130	9
OR		
Fish curry (1 big cup)	115	11.5
Evening		
Paneer + Spinach roll / Sandwich (1 roti / 2 slice bread)+Fresh juice (Spinach, Celery, Green apple, Carrot, Beet, Ginger,Mint leaves ,Orange or Lime)	220+44	12 + 1
Dinner		
<u>Quinoa and Corn tikki with Black bean topping</u> (3 tikki + 50 grams black bean)	350	20
OR		
<u>Egg white omlette with Asparagus</u> + Toasted brown bread (5 egg whites + 4 slice bread)	100 + 200	20 + 6

Bed Time		
Traditional egg nog (4 eggs, low fat milk , 2 tsp sugar) (1 glass)	223	12
OR		
Soaked almonds (40 gms) +Skimmed milk (1 glass)	172 + 86	6.3 + 8
Pre workout meals (15 mins before you workout)		
Apple + Boiled potato salad + Grape fruit (1 whole + 2 medium + 1)	100 + 60	2
Post workout meals(5- 10 mins after your workout)		
Soy protein isolates (25 gms)	110	24
Whey protein Isolates (33 gams)	130	25
Skimmed milk (1 glass)	86	8
Total	3080	172.8