



Dear fahad mapari,  
Here is your personalised diet chart.



## 2200 Kcal Non-Veg Diet

TIME	MEAL	FOOD ITEMS	PORTION SIZE
6-7 AM	Early Morning	Tea/Coffee & Soaked almonds	5-10 No.
8-9AM	Breakfast	Broken Wheat Porridge (Dalia) / Vegetable Dalia / Oat Meal Porridge/ MB High Protein Cereals+	1 Bowl
		Egg white (boiled/ poached)	4-5 No.
11AM-12PM	Mid-Morning	2 whole egg + 2 egg white portion Omelet/ Banana shake / <a href="#">Recommended MuscleBlaze Gainer Shake</a>	1 Cup + 1 Glass
2-3PM	Lunch	Missi Roti/ Normal Roti	3 No.
		Pulse (Dal)/ Chicken curry/ egg curry/ fish curry	1 Cup
		Seasonal Vegetables	1 Cup/ 100 gm
		Curd(optional)	1 Cup
		Green Salad	1 Quarter Plate
5-6PM	Evening Preworkout Meal	2 Banana/ Banana shake/ Peanut butter Bread (white/ brown)/1 Apple + 5-10 soaked Almonds / Boiled Sweet potato	
	Post workout Meal	<a href="#">Recommended MuscleBlaze Gainer Shake</a>	1 Glass
8-9PM	Dinner	Missi Roti / Normal Roti/ Veg Dalia with Paneer (1 bowl) & 1 cup veg soup (add 10gm oat)	3 No.
		Pulse (Dal)/roasted chicken/ egg curry	1 Cup /100 gm / 1 Cup
		Seasonal Vegetables	1 Cup
		Green Salad	1 Quarter Plate
10PM	Bedtime	<a href="#">Recommended MuscleBlaze Gainer Shake</a>	1 Glass

If you are new to gainers and proteins, we recommend starting with one shake per day for initial 2-3 days then gradually increase the consumption for better results. Please do not exceed recommended usage as mentioned on the pack label.

**Disclaimer: This diet plan shall only be observed after prior consultation with a doctor in case of any allergy, pre-medication, pregnancy, or under any health condition. The results may vary depending upon the physiological conditions of the individual. For any adverse effect, the company or brand shall not be held responsible/liable.**

**Please note that this is a generic system generated diet plan based on the information you have shared. For customized diet plan and product recommendation, please reach out to MUSCLEBLAZE CUSTOMER CARE @ +91-85277 32632**