

Option 1

| Meal | Quantity | Protein | Calories |
|---------------|----------|---------|-----------------------|
| Whole Eggs | 6 | 36 gm | 420 |
| Whey | 1 | 25 gm | 140 |
| Dinner + Curd | 1 | 25 gm | 1000 |
| | | 86 gm | 4 Rotis + Sabji + Dal |
| | | | ~1600 Kcal |

Option 2

| Meal | Quantity | Protein | Calories |
|---------------|----------|---------|-----------------------|
| Egg Whites | 3 | 10 gm | 50 |
| Chicken Wings | 6 | 50 gm | 650 |
| Whey | 1 | 25 gm | 140 |
| Meal + Curd | 1 | 20 gm | 900 |
| | | 105 gm | 3 Rotis + Sabji + Dal |
| | | | ~1750 Kcal |

Option 3

| Meal | Quantity | Protein | Calories |
|-------------|----------|---------|-----------------------|
| Whole Eggs | 3 | 18 gm | 210 |
| Egg Whites | 3 | 9 gm | 50 |
| Whey | 1 | 12 gm | 120 |
| Whey | 1 | 25 gm | 140 |
| Meal + Curd | 1 | 25 gm | 1000 |
| | | 89 gm | 4 Rotis + Sabji + Dal |
| | | | ~1500 Kcal |

| | | |
|--------------|---------|-----------|
| Soya (25 gm) | + 12 gm | ~100 Kcal |
|--------------|---------|-----------|