Nutrition plan

Name: nermen

Age: 24

Height: 165

Weight: 53

Breakfast

2-4 hardboiled eggs

2 breads

Post breakfast

150-200 grams of oats

1cup whole milk

Lunch

150-200 grams of rice

200grams of chicken breast

50-100 grams of salad

Protein shake

50 grams oats

One banana

50 grams of peanut

Dark chocolate

1-2 cups of milk (as you like)

1bag of vanilla

Dinner

1-Yogurt with honey

Tips

متاكليش حاجه قبل النوم بساعتين

تقدري تقللي مقادير المشروب او تزودي حاجه عشان الطعم

Good luck nermen 😊