

Diet Plan for Lean Muscle Gain & Fat Loss

Personal Details

- Goal: Maintain weight, reduce fat, build muscle

Estimated Daily Requirements

- Maintenance Calories: ~2,200 kcal/day
- Recommended Intake for Recomp: ~2,000–2,100 kcal/day
- Protein: 1.6–2.0g/kg → 105–130g
- Carbs: Moderate (~40–50%)
- Fats: Healthy fats (~20–25%)

Diet Plan:

Early Morning (7:00 AM)

- 1 glass warm water with lemon
- Black coffee or green tea
- Optional: 5g creatine if supplementing

Breakfast (8:00–8:30 AM) Option

1:

- 4 egg whites + 2 whole eggs (boiled or scrambled)
- 1 multigrain toast or small oats roti
- 1 small bowl of oats with skim milk + chia seeds + berries (or banana slices)
- 5 soaked almonds + 2 walnuts

Option 2 (Vegetarian):

- Moong dal cheela (2) with paneer filling
- 1 small bowl low-fat curd
- Herbal tea or black coffee

Pre-Workout Snack (10:30–11:00 AM)

- 1 banana or apple
- 2 Eggs

Post-Workout Meal (1:00 PM)

- 1 scoop whey protein in water (within 30 mins of workout)

Lunch (1:30–2:00 PM)

- 1 cup brown rice or 2 small whole wheat rotis
- Grilled chicken breast / paneer (100–150g) or tofu
- 1 cup cooked dal or rajma
- Salad (cucumber, carrot, tomato, onion)
- 1 tsp ghee (for healthy fat)

Evening Snack (5:00 PM)

Option 1:

- Roasted chana + green tea

Option 2:

- Low-fat paneer cubes (100g) with black pepper + lemon

Option 3:

- 1 Scoop Whey Protein

Dinner (7:30–8:00 PM)

- 2 small multigrain rotis OR 1 cup quinoa
- Grilled chicken/fish/tofu/paneer (100–150g)
- Stir-fried veggies with olive oil (broccoli, bell peppers, beans, carrots, zucchini)

Bedtime (9:30–10:00 PM)

- 1 cup low-fat milk or 100g Greek yogurt
- Optional: Add 1 tsp flaxseed powder

Weekly Tips

- Strength train 4–5x/week (focus on compound lifts: squats, deadlifts, bench press)
- Cardio: 2–3x/week (HIIT or brisk walking for 20–30 mins)
- Hydration: 3+ liters/day

- Cheat meal: 1x/week, not a full day