

Diet Chart (6 AM Badminton Schedule)

Time	Meal / Supplement	Core Option (Balanced)	Alternative / Mix Option	Supplements
5:15 AM (Pre-Workout)	Light fuel	1 banana + 1 slice brown bread with peanut butter	1 small bowl oats with honey	Beastlife L-Carnitine 1100 mg + B5 liquid
7:30 AM (Post-Workout)	Recovery	1 scoop Beast Life Pro Whey (24 g protein, 5.3 g BCAA) + 1 banana	Whey shake + 1 cup rice or 2 idlis	Hydration: 500 ml water + electrolytes
9:00 AM (Breakfast)	Protein-rich	4 whole eggs + 2 egg whites + 2 chapatis	Paneer bhurji (150 g paneer) + oats	—
11:30 AM (Snack)	Light protein	Greek yogurt (200 g) + handful of almonds	1 glass milk + 10 soaked almonds	—
1:30 PM (Lunch)	Balanced meal	150 g grilled chicken/fish/paneer + 1 cup brown rice + salad	2 chapatis + dal + paneer curry + salad	—
4:30 PM (Evening Snack)	Recovery support	1 boiled sweet potato + fruit	1 scoop whey + fruit	Beastlife Creatine Monohydrate (3 g)
7:30 PM (Dinner)	Protein + carbs	150 g paneer/tofu + 2 chapatis + steamed veggies	Grilled fish/chicken + quinoa + veggies	—
10:00 PM (Before Bed)	Slow-digesting protein	200 ml milk + handful of walnuts	Casein-rich source (paneer cubes) + flaxseeds	—

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7:30 AM (Post-Workout)	Recovery	1 scoop Beast Life Pro Whey (24 g protein, 5.3 g BCAA) + 1 banana	Whey shake + 1 cup rice or 2 idlis	Hydration: 400–500 ml water + electrolytes
9:00 AM (Breakfast)	Protein-rich	2 whole eggs + 2 egg whites + 1 chapati	Paneer bhurji (100 g paneer) + oats	—
11:30 AM (Snack)	Light protein	Greek yogurt (150 g) + 5–6 almonds	1 glass milk + 1 fruit	—
1:30 PM (Lunch)	Balanced meal	100 g grilled chicken/fish/paneer + 1 cup brown rice + salad	2 chapatis + dal + paneer curry + salad	—
4:30 PM (Evening Snack)	Recovery support	1 boiled sweet potato + fruit	1 scoop whey + fruit	Beastlife Creatine Monohydrate (3 g)
7:30 PM (Dinner)	Protein + carbs	100 g paneer/tofu + 2 chapatis + steamed veggies	Grilled fish/chicken + quinoa + veggies	—
10:00 PM (Before Bed)	Slow-digesting protein	150 ml milk + 2 walnuts	Paneer cubes (50 g) + flaxseeds	—