

BODYBUILDING DIET FOR BEGINNERS - GAINING

TIME	MEAL	FOOD ITEMS
8:00-9:00AM	Breakfast	2 Roti With Sabji & Salad Oat Meal Porridge+ Dry Fruit
11:00AM-12:00PM	Mid Morning	Banana Shake With 1 Scoop Peanut Butter
2:00PM-3:00PM	Lunch	3 Roti + Brown Rice Pulse (Dal) / Chicken / Fish / Seasonal Vegetables Low Fat Curd Sprouts + Veg Salad
5:00PM-6:00PM	Evening Snacks	Banana Shake With 1 Scoop Peanut Butter
8:00PM-9:00PM	Dinner	Boiled Brown Rice + Paneer Seasonal Vegetables Sprouts + Veg Salad
10:00 PM	Bed Time	Toned Milk + 1 Scoop Gainer

Before Workout - 2 Banana Or 1 Apple
After Workout - 2 Scoop Gainer With Water