

Mass Gaining Diet Plan

Meal 1 (Pre-workout):

2 medium bananas or mixed fruits
1 scoop Whey Protein

Protein 24g, Carbohydrates 24g

Meal 2: (Post-workout)

Chicken or white fish 6oz
White rice 200g cooked

Carb 60g, Protein 50g, Fat 2g

Meal 3 (Pre workout)

Omega-3 eggs x 1
Egg whites 5
Chicken breast 3 oz
Oatmeal 100 g

Protein 45g, Carbohydrates 60 g, Fat 5g

Meal 4:

Chicken or white fish 6oz
White Rice 100g cooked

Protein 50g, Carbohydrates 30g, Fat 2g

Meal 5 (before bed):

1 scoop Casein
2 tablespoons peanut butter
Chicken or white fish 4oz

Protein 58g, , Carbohydrates 7g, Fat 18g

***Meal immediately after workout**

1 cup oats / 100g dry weight
Whey protein isolate 2 scoops

Carbs 60g, Protein 50g Fat 10g

Total:

Carbs 227g

Protein 303g

Fat: 46g

NOTE:

- Consume meals 2-3 mins apart
- Drink plenty of water in between meals
- All proteins (fish/ chicken etc.) are to be weighed after cooking
- Rice is to be weighed after it is cooked
- 1 oz. equals 28.35 grams