

Muscle gain plan

Time	Non veg	Veg
Breakfast 8-9am	4 eggs whites , 1 whole 1 cup oats .	Whey 1 scoop with milk , 1 banana ½ oats . (make it shake)
Mid - Meal	1 tbsp peanut butter 1 slices wheat bread	1 apple
Lunch	100gm chicken 1 cup cooking brown rice or whites rice. Green salad 1 cup dahi	100gm paneer 1 multigrain roti or 1 cup rice Mix salad 1 cup dahi
Mid - meal	4 eggs sandwich with brown bread or Protein bar	Whey protein with water & 1 banana Or Veg sandwich with brown bread
Dinner	Fish 150gm or Mutton 150gm Wheat roti Salad	Tofu 100gm or Paneer 100gm Wheat roti Mix veg subji

Pre workout & post workout meal

Pre workout :-	Apple or Banana	
Post workout :-	Whey Protein with water	