Muscle gain plan

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

Pre workout & post workout meal

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