

VEG. DIET PLAN

Early Morning:--	Oats 40 Grm
	Paneer 50 Grm
	Dates- 2 Pcs
	Veg. Salad
1 Hr Before Training:- -	2-3 Spoons of Natural Peanut Butter (My Protein)
	1 Apple
	1 Cup Black Coffee
30 Min Later:--	Training
During Training:--	BCAA /EAA--2 Scoop (My Protein)
	Glutamine--2 Scoop (My Protein)
After Training:-	Isolate Whey (My Protein)
40 Min Later:-	Soya Chunks--60 Grm
	Veg. Salad
2 Hr Later:-	Mushroom-- 100 Grm + Corns (Cooked)
	1/4 th of Raw Coconut
	1 Small Bowl of Fruits
Evening:-	1-2 Hand Full of Sprouts (Kaale Chane, Moong Daal)
	1 Spoon of Peanut Butter
Dinner:-	Soyabean Boiled / Cooked--1 Small Bowl
	Paneer 50 Grm
	Veg. Salad
	Broccoli + Beans (Steamed)
Before Bed:-	300-500 MI Milk
Water:-	12-15 Glasses--Daily