

Diet plan muscle gain ❤️ ✌️ ✌️

1st meal Early morning-- ——1/2 cup oats with milk and one hand of dry 2 banana

2nd Break fast/ 100 gm chicken / 200 gm rice + curd / papaya 1 boiled potato

3rd Lunch - 2 chapati +white rice150 gm boiled daal +saled+100 GM panner

4th meal 2 hours later---- green vegetable+ salad+ / 4 eggs white omelet 2 full yolk 4 brown bread or 200 gm rice

Evening snacks/ high calories shake 2 banana 300 ml milk 20 gm peanut butter nuts 20 gm

Before workout/ 2 small banana + 2 eggs full

During workout/ Glucose or Bcaa

After workout---- 25 gm protein shake

Dinner----chicken breast 150gm / 200 fish green vegetable+ saled 50 gm oats or 2 chapati

Before bed- 1 glass milk 3 walnuts