

Indian Bodybuilding Diet Chart for Muscle Gain

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	Coffee/Green Tea + 2 -3 multigrain biscuits	Coffee/Green Tea + 2 – 3 multigrain biscuits	Coffee/Green Tea + 2 – 3 multigrain biscuits	Coffee/Green Tea + 2 – 3 multigrain biscuits	Coffee/Green Tea + 2 -3 multigrain biscuits	Coffee/Green Tea + 2 – 3 multigrain biscuits	Coffee/Green Tea + 2 -3 multigrain biscuits
Meal 1 Time – 7 AM – 8 AM	1 cup oats + 5 - 6 white eggs + 2 whole eggs	2 slices of wheat bread + 5 – 6 scrambled eggs whites + 2 whole eggs	1 cup quinoa + 5 – 6 eggs whites + 1 cup low fat milk	1 whole-wheat toast + 5 – 6 eggs whites + 1 cup low fat milk	1 Cup Oats + 5 – 6 Eggs Whites + Greek Yogurt	1 whole-wheat toast + 5 – 6 eggs whites + 1 cup low fat milk	2 slices of wheat bread + 5 – 6 eggs whites + 1 cup low fat milk
Meal 2 Time – 10 AM – 11 AM	2 slices of wheat bread + 2sp peanut butter + 1 orange	1 cup low fat milk + 1 banana + 1 apple	Smoothie – banana + 1 cup milk + 2sp Peanut butter + whey protein	Sprouted Salad + handful of nuts + 1 apple	2 Slice Wheat Bread + 2sp Peanut Butter + grapes	Greek Yogurt + Almonds + Walnut + Seeds	Sprouted Salad + handful of nuts + 1 banana
Meal 3 Time – 1 PM – 2 PM	120g grilled chicken breast or 100g paneer bhurji + 1 cup brown rice + salad	100g tuna/fish + 1 cup wheat pasta + 1 cup steamed vegetables	120g chicken + multigrain chapatti + salad	½ cup cooked lentil + 1 cup brown/white rice + salad	120g grilled chicken breast or 100g paneer bhurji + 1 cup brown rice + salad	½ cup cooked lentil + 1 cup brown/white rice + salad	120g chicken + multigrain chapatti + salad
Meal 4 Time – 4 PM – 5 PM	Whey protein + 1 banana	Sweet potato + Whey protein	Sprouted Salad + handful of nuts	Sweet potato + Whey protein	Sweet potato + Whey protein	Whey protein + 1 banana	Sweet Potato + 1 – 2 scoop whey
Meal 5 Time – 7 PM – 8 PM	Chicken egg scramble + brown rice + green peas + beans	120 g chicken breast + 1 cup brown rice + Salad	1 cup brown/white rice + ½ cooked lentil + chicken + salad	120 g chicken breast + 1 cup brown rice + Salad	120 g chicken/100g Fish + 1 Cup Brown Rice + Salad	120 g chicken breast + 1 cup brown rice + Salad	1 cup brown/white rice + ½ cooked lentil + chicken + salad
Meal 6 Time – 9 PM – 10 PM	Protein shake	Protein shake	Protein Shake	Protein shake	Protein shake	Protein shake	Protein shake

Regards,

TheCompleteHealth.com