

**Note:** This is not a customized diet. This is just to give you an idea of how you should consume calories throughout the day. It is not necessary to eat the way I mentioned, but If you watched the video I made, you must know everything about gaining weight. At the bottom of the page, I will put a few links of my videos that can help you making a diet plan for yourself.

This meal plan will be useful for people who have a maintenance calories of around 2300-2500. If you find that you are still not making progress then you might have to increase your calories further.

The meal plan was made using **myfitnesspal**. I have not added vegetables, but I would suggest you add a serving of vegetable too.

**You must remember that a person weighing 50-55-60-65 Kgs wouldn't require 170g of protein. The reason I mentioned is to tell you guys that Protein is actually over rated. You can still not use whey protein and get your protein requirements for the day. Try getting 1g of protein per pound of bodyweight or multiply your bodyweight in Kgs x 2.2 . All you need to do is replace the calories you cut from protein by carbs as it has the same amount of calories per gram.**

**Example: Your bodyweight is 65 Kgs. You will need  $65 \times 2.2 = 143$ . So, in this diet I mentioned 177g of protein. All you need to do is reduce 30g protein and replace it with 30 g of carbs. Your caloric intake will be same but your macro intake will be different. I would suggest you keep the fats the same.**

**Calories: 2700 KCAL**

**Fats: 70-75g**

**Protein: 170-180g**

**Carbs: 325-340g**

Breakfast	Calories kcal	Carbs g	Fat g	Protein g	Fiber g
Quaker - Instant Oat Meal, 50 g	186	37	2	5	3
Cow Milk, 300 ml	186	13	11	10	0
5 Egg White	85	1	1	18	0
	<b>457</b>	<b>51</b>	<b>14</b>	<b>33</b>	<b>3</b>

#### Snack

Almonds, 20 g	116	4	10	4	3
Apples, 1 medium apple	80	22	0	0	5
	<b>196</b>	<b>26</b>	<b>10</b>	<b>4</b>	<b>8</b>

#### Lunch

Generic - Soy Chunks, 50 grams	168	14	0	27	0
Rice - White, cooked, 200 g	260	57	0	5	1
	<b>428</b>	<b>71</b>	<b>0</b>	<b>32</b>	<b>1</b>

#### 1.5 Hours before Workout

Bananas, 150 g	134	30	0	2	4
Impact Whey Protein, 30 g	121	1	2	24	0

Egg, whole, 3 large	215	1	14	19	0
24 Mantra - Flax Seed, 15 gm	80	5	7	0	0
	550	37	23	45	4

#### Post Workout

Whey Protein, 30 g	121	1	2	24	0
Banana, 100 g	90	23	0	1	3
	211	24	2	25	3

#### Post workout Meal

Lentils - Cooked, 150 g	174	30	1	14	12
Homemade - Chapati, 4	480	80	12	16	12
Dahi, 200 gm	124	9	6	8	0
	778	119	19	38	24

Totals	2,620	328	68	177	43
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#### IMPORTANT LINKS:

- HOW TO CALCULATE MAINTENANCE CALORIES: <https://youtu.be/dn3Zsyegz4w>
- COOKING VIDEOS: <https://www.youtube.com/playlist?list=PLu21xib-BLFCwMKbR6One TTExxK U 1s>