

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 182g of protein. All you need to do is reduce 35g protein and replace it with 35 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: 80g

Protein: 160-180g

Carbs: 315-330g

| Breakfast | Calories kcal | Carbs g | Fat g | Protein g | Fiber g |
|-------------------------------------|---------------|-----------|-----------|-----------|----------|
| Cereal - Corn Flakes Kellogs, 40 g | 143 | 34 | 0 | 3 | 1 |
| Amul - Pasteurised Cow Milk, 300 ml | 186 | 13 | 11 | 10 | 0 |
| 1 Egg, whole | 72 | 0 | 5 | 6 | 0 |
| 3 Egg White | 51 | 1 | 0 | 11 | 0 |
| | 452 | 48 | 16 | 30 | 1 |

| Snack | Calories kcal | Carbs g | Fat g | Protein g | Fiber g |
|---------------------------------|---------------|-----------|-----------|-----------|----------|
| Peanuts, 30 gram | 180 | 6 | 15 | 8 | 0 |
| Apples - Apples, 1 medium apple | 80 | 22 | 0 | 0 | 5 |
| | 260 | 28 | 15 | 8 | 5 |

| LUNCH | Calories kcal | Carbs g | Fat g | Protein g | Fiber g |
|----------------------------|---------------|-----------|-----------|-----------|----------|
| Chicken - BREAST, 125 gram | 110 | 0 | 1 | 28 | 0 |
| Oil - Olive, 1 tablespoon | 119 | 0 | 14 | 0 | 0 |
| Rice - White, 300 g | 390 | 86 | 1 | 7 | 1 |
| | 619 | 86 | 16 | 35 | 1 |

| 2 Hours Before Workout | Calories kcal | Carbs g | Fat g | Protein g | Fiber g |
|---------------------------------|---------------|-----------|-----------|-----------|----------|
| Egg, whole, 2 large | 143 | 1 | 9 | 13 | 0 |
| Milk, 200 ml | 124 | 9 | 7 | 6 | 0 |
| Banana - Bananas, 100 g | 89 | 20 | 0 | 1 | 3 |
| Quaker - Instant Oat Meal, 25 g | 93 | 19 | 1 | 2 | 2 |
| Whey Protein, 15 g | 61 | 1 | 1 | 12 | 0 |
| | 510 | 50 | 18 | 34 | 5 |

| Post Workout | Calories kcal | Carbs g | Fat g | Protein g | Fiber g |
|-------------------------|---------------|-----------|----------|-----------|----------|
| Banana - Bananas, 100 g | 89 | 20 | 0 | 1 | 3 |
| Whey Protein, 45 g | 182 | 2 | 3 | 36 | 0 |
| | 271 | 22 | 3 | 37 | 3 |

Post Workout Meal

| | | | | | |
|----------------------------|-------|-----|----|-----|----|
| Homemade - Chapati, 4 | 480 | 80 | 12 | 16 | 12 |
| Chicken - BREAST, 125 gram | 88 | 0 | 0 | 22 | 0 |
| | 568 | 80 | 12 | 38 | 12 |
| Totals | 2,680 | 314 | 80 | 182 | 27 |

IMPORTANT LINKS:

- HOW TO CALCULATE MAINTENANCE CALORIES: <https://youtu.be/dn3Zsyegz4w>
- COOKING VIDEOS: https://www.youtube.com/playlist?list=PLu21xib-BLFCwMKbR6One_TTExxK_U_1s