

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**.

Calories: 2700 KCAL

Fats: 80g

Protein: 160-180g

Carbs: 315-330g

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