## 07-DAYS WEEKLY MEAL PLAN FOR MUSCLE GAINING OF AN ADULT

| PATIENT NAME | MUSCLE BUILDING FOR ADULTS<br>HIGH PROTEIN DIET<br>RDA FOR ENERGY - 2300 KCAL |
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| | | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
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| Empty Stomach | Around 06:00 AM | one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 6 almonds soaked+ 2 | one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 6 almonds soaked+ 2 | one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 6 almonds soaked+ 2 | one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 6 almonds soaked+ 2 | one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 6 almonds soaked+ 2 | one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 6 almonds soaked+ 2 | one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 6 almonds soaked+ 2 |
| Pre-WORKOUT | Around 06:30 AM | ONE COFEE SHOT | ONE COFEE SHOT | ONE COFEE SHOT | ONE COFEE SHOT | ONE COFEE SHOT | ONE COFEE SHOT | ONE COFEE SHOT |
| Post workout | Around 08:30 AM | two tsp barley satu powder in 100 ml of water. | two tsp satu powder in 100 ml of water. | two tsp satu powder in 100 ml of water. | two tsp satu powder in 100 ml of water. | two tsp satu powder in 100 ml of water. | two tsp satu powder in 100 ml of water. | two tsp satu powder in 100 ml of water. |
| BREAKFAST | Around 11:00 AM | * Multigrain stuffed CHAPATI 2 PC./Veg. Poha/Upma/Dalia/idli/dhokla (3 pc./3 bowl) + 1 bowl LOW fat milk curd 100GMS / 1 CUP chach/lassi (150 Ml)+4 EGG WHITE + 1 Ragi laddu | * Multigrain stuffed CHAPATI 2 PC./Veg. Poha/Upma/Dalia/idli/dhokla (3 pc./3 bowl) + 1 bowl LOW fat milk curd 100GMS / 1 CUP chach/lassi (150 Ml)+4 EGG WHITE + 1 Ragi laddu | * Multigrain stuffed CHAPATI 2 PC./Veg. Poha/Upma/Dalia/idli/dhokla (3 pc./3 bowl) + 1 bowl LOW fat milk curd 100GMS / 1 CUP chach/lassi (150 Ml)+4 EGG WHITE + 1 Ragi laddu | * Multigrain stuffed CHAPATI 2 PC./Veg. Poha/Upma/Dalia/idli/dhokla (3 pc./3 bowl) + 1 bowl LOW fat milk curd 100GMS / 1 CUP chach/lassi (150 Ml)+4 EGG WHITE + 1 Ragi laddu | * Multigrain stuffed CHAPATI 2 PC./Veg. Poha/Upma/Dalia/idli/dhokla (3 pc./3 bowl) + 1 bowl LOW fat milk curd 100GMS / 1 CUP chach/lassi (150 Ml)+4 EGG WHITE + 1 Ragi laddu | * Multigrain stuffed CHAPATI 2 PC./Veg. Poha/Upma/Dalia/idli/dhokla (3 pc./3 bowl) + 1 bowl LOW fat milk curd 100GMS / 1 CUP chach/lassi (150 Ml)+4 EGG WHITE + 1 Ragi laddu | * Multigrain stuffed CHAPATI 2 PC./Veg. Poha/Upma/Dalia/idli/dhokla (3 pc./3 bowl) + 1 bowl LOW fat milk curd 100GMS / 1 CUP chach/lassi (150 Ml)+4 EGG WHITE + 1 Ragi laddu |
| MID MORNING | Around 12: 00 PM | • One med size Fruit(Apple/NASHPATI/watermelon/muskmelon/JAMUN/ORANGE/MOUSAMI) 2 or 200 gms. + 1 blue yakult | • One med size Fruit(apple/NASHPATI/watermelon/muskmelon/JAMUN/ORANGE/MOUSAMI) or 100 gms. + 1 blue yakult | • One med size Fruit(apple/NASHPATI/watermelon/muskmelon/JAMUN/ORANGE/MOUSAMI) or 100 gms. + 1 blue yakult | • One med size Fruit(apple/NASHPATI/watermelon/muskmelon/JAMUN/ORANGE/MOUSAMI) or 100 gms. + 1 blue yakult | • One med size Fruit(apple/NASHPATI/watermelon/muskmelon/JAMUN/ORANGE/MOUSAMI) or 100 gms. + 1 blue yakult | • One med size Fruit(apple/NASHPATI/watermelon/muskmelon/JAMUN/ORANGE/MOUSAMI) or 100 gms. + 1 blue yakult | • One med size Fruit(apple/NASHPATI/watermelon/muskmelon/JAMUN/ORANGE/MOUSAMI) or 100 gms. + 1 blue yakult |
| | Around 01:00 pm | one glass Ragi koozh/ fermented finger millet drink | one glass Ragi koozh/ fermented finger millet drink | one glass Ragi koozh/ fermented finger millet drink | one glass Ragi koozh/ fermented finger millet drink | one glass Ragi koozh/ fermented finger millet drink | one glass Ragi koozh/ fermented finger millet drink | one glass Ragi koozh/ fermented finger millet drink |
| LUNCH | Around 02 : 30 PM | • 1 med bowl Arhar Dal +2 Multigrain chapati + Samak rice(little Millet) (1 bowl) + Cucumber/onion/Mul i (1 bowl) + 1 BOWL CURD + Barley halwa | • 1 med bowl Mung Dal + 2 Multigrain Chapati + 1 bowl kangni rice(foxtail millet) + SALAD + 1 BOWL CURD + Ragi halwa | • 2 Multigrain chapati +Rajma (1 bowl)+Samak Rice +salad (100 gms) +1 BOWL CURD + bajra halwa | • One bowl kale channe+ 2 Multigrain CHAPATI foxtail Millet(1 bowl)+ salad 60gm + 1 BOWL CURD + jawar halwa | • 1med bowl bhindi+ 2 Multigrain Chapati+ samak rice(1 bowl) + salad 60gms +1 BOWL CURD + samak halwa | • 1 med bowl karela + 2 Multigrain chapati + foxtail rice(1 bowl)+salads (60 gms) + curd 1 bowl + kuttu halwa | • 3 Multigrain CHAPATI+ SHIMLAMIRCH PYAAZ 1 BOWL + salad 1 BOWL +kangni halwa + CURD 1 BOWL |
| EVE. TEA | AROUND 05:00 PM | Ragi APPLE smoothie + 1 TSP PEANUT BUTTER + Millets upma (1 bowl) | Ragi Banana smoothie + Millets upma (1 bowl) | Ragi Banana smoothie + Millets upma (1 bowl) | Ragi Banana smoothie + Millets upma (1 bowl) | Ragi Banana smoothie + Millets upma (1 bowl) | Ragi Banana smoothie + Millets upma (1 bowl) | Ragi Banana smoothie + Millets upma (1 bowl) |
| DINNER | Around 07:30PM | • 2 med bowl Bajra khichadi OR 3 Chapati + MUNG DHULI DAL 1 BOWL + Salad(80 gms) | • 3 Chapati/3 bowl jawar khichdi + (1 bowl) DHULI UDAD DAL + salad(80gms) | • 3 chapati/3 bowl samak khichdi+ 1 BOWL CHANA DAL+ salad 60gm | • 1 BOWL ARHAR DAL 1 BOWL + 3 CHAPATI/3 bowl barley khichdi + salad | • 1 BOWL MUNG DHULI + 3chapati/3 bowl kutki khichdi + SALAD | • 3 RAGI CHILLA + 1 BOWL DHULI UDAD + salad | • 3 CHAPATI/3bowl kuttu khicdi +1 BOWL ARHAR DAL + SALAD |
| BED TIME | 8:30 PM | * 1 CUP/150 ML SKIMMED MILK + 2 tsp Isabhghol husk | * 1 CUP/150 ML SKIMMED MILK + 2 tsp Isabhghol husk | * 1 CUP/150 ML SKIMMED MILK + 2 tsp Isabhghol husk | * 1 CUP/150 ML SKIMMED MILK + 2 tsp Isabhghol husk | * 1 CUP/150 ML SKIMMED MILK + 2 tsp Isabhghol husk | * 1 CUP/150 ML SKIMMED MILK + 2 tsp Isabhghol husk | * 1 CUP/150 ML SKIMMED MILK + 2 tsp Isabhghol husk |

| GENERAL INSTRUCTIONS TO CONSIDER | • Take plenty of fliuids around 3-4 Lts. Per Day.<br>• 6-7 Hrs Of Sleep Everyday<br>• PHYSICAL ACTIVITY OR 60 Mins Of yoga/ brisk Walk 5-6 Times A Week |
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