

DIET PLAN

Post Workout 130 Calories

1 Scoop Protein: 24gm **Protein**, 3.5gm **Carbs**, 1.5gm **Fat**: 130 Calories

1 Scoop Creatine

Breakfast 644 Calories (Carbs: 93.91gm, Protein: 22.9gm, Fat: 20.75gm)

Oats 50gm: 34.25gm **Carbs**, 5.9gm **Protein**, 4.75gm **Fat**: 203 Calories

Peanut Butter 32gm: 6gm **Carbs**, 10gm **Protein**, 16gm **Fat**: 200 Calories

1 Banana 118gm: 27gm **Carbs**, 1.3gm **Protein**: 105 Calories

2 Slice Brown Bread: 26.66gm **Carbs**, 5.4gm **Protein**: 136 Calories

Lunch 613.25 Calories (Carbs: 70gm, Protein: 67.25, Fat: 6.3)

Boiled Chicken 175gm: 54.25 **Protein**, 6.3 **Fat**: 288.75 Calories

Rice Raw 50gm: 40gm **Carbs**, 7gm **Protein**: 182.50 Calories

2 Chappati: 30gm **Carbs**, 6gm **Protein**: 142 Calories

Veggies

Snacks 401 Calories (Carbs: 53.5gm, Protein: 34.7gm)

Soya Chunks 50gm: 16.5gm **Carbs**, 26gm **Protein**: 172.5 Calories

Curd 200gm: 10gm **Carbs**, 7.4gm **Protein**: 124 Calories

1 Banana 118gm: 27gm **Carbs**, 1.3gm **Protein**: 105 Calories

Dinner 613.25 Calories (Carbs: 70gm, Protein: 67.25, Fat: 6.3)

Boiled Chicken 175gm: 54.25 **Protein** 6.3 **Fat**: 288.75 Calories

Rice Raw 50gm: 40gm **Carbs**, 7gm **Protein**: 182.50 Calories

2 Chappati: 30gm **Carbs**, 6gm **Protein**: 142 Calories

Veggies

PLAN

BMR: 1506

Current Required Calories: 2207

Calorie Surplus: 2455 Calories

Calorie Surplus acc. to Diet: 2401.5 Calories

Carbs: 50%=1228 Calories=307gm

Protein: 30%=738 Calories=185gm

Fats: 20%=489 Calories=54gm

Cost (Monthly)

Protein: Rs. 1500

Oats: Rs. 260

Peanut Butter: Rs.374

Chicken: Rs. 2600

Soya Chunks: Rs. 180

Rice: Rs. 400

Banana: Rs. 240

Total < Rs. 5,554/-