



This is a typical Pro Bodybuilder diet plan to gain clean muscle mass. Adjust your calories. Calculate your BMR then multiply with 1.8.

## DIET FOR PRO-BODYBUILDER

	MONDAY	TUESDAY
MEAL 1	1 WHOLE WHEAT TOAST 6 EGG WHITES 1 CUP LOW FAT MILK 1 ORANGE	1CUP GRANOLA CEREALS 6 EGG WHITES 1 CUP LOW FAT MILK
MEAL 2	1 CUP OATS (ROLLED OATS) 2 SCOOPS OF WHEY ISOLATE	1 APPLE + 1 BANANA 2 SCOOP WHEY ISOLATE
MEAL 3	6 OZ TUNA 6 OZ SWEET POTATO GREEN SALAD WITH OLIVE OIL	6 OZ FISH SALMON / TILAPIA 1 CUP BROWN RICE GREEN SALAD WITH OLIVE OIL
MEAL 4	6 EGSS WHITES 2 WHEAT BREAD GREEN SALAD	2 WHEAT BREAD 100G PANEER ONION/TOMATO
MEAL 5	6OZ CHICKEN BREAST 1 CUP BROWN RICE (COOKED)	6OZ CHICKEN BREAST 1 CUP BROWN RICE (COOKED)
MEAL 6	2 SCOOP WHEY 1CUP MILK 1 SPOON PEANUT BUTTER	6 EGSS WHITES + 1 YOLK 2 WHEAT BREAD TOAST
	WEDNESDAY	THURSDAY
MEAL 1	1 CUP WHOLE GRAIN CEREALS 6 EGG WHITES 1 CUP LOW FAT MILK 1 ORANGE	1 CUP QUINOA WITH APPLE 6 EGG WHITES 1 CUP LOW FAT MILK
MEAL 2	1 CUP OATS (ROLLED OATS) 2 SCOOPS OF WHEY ISOLATE	4 WHAEAT BREAD TAOST 5 EGG WHITES + 1YOKL OMELETE
MEAL 3	6 OZ TUNA 3 OZ WHEAT PASTA 1 CUP STEAM VEGETABLES	1/2 CUP COOKE LENTIL 1 CUP BROWN RICE GREEN SALAD
MEAL 4	6 EGSS WHITES 2 WHEAT BREAD GREEN SALAD	2 SCOOP WHEY 1 BANANA 1 1 CUP GRAPES
MEAL 5	5OZ FRIED CHICKEN 1 CUP BASMATI RICE 1CUP COOKED VEGETABLES	6 OZ FISH SALMON / TILAPIA 1 CUP BROWN RICE 1/2 CUCUMBER
MEAL 6	2 SCOOP WHEY 1CUP MILK 1 SPOON PEANUT BUTTER	6 EGSS WHITES + 1 YOLK 20G UNSALTED PEANUTS



	FRIDAY	SATURDAY
MEAL 1	1 CUP OATMEAL 6 EGG WHITES + 1 YOLK 1 CUP LOW FAT MILK	6 SCRAMBLED EGG WHITES 1 BAKED WHITE POTATO ADD TOMATO/ONION/SALT PEPPER
MEAL 2	1 APPLE + 1 BANANA 2 SCOOP WHEY ISOLATE	1 CUP LOW FAT MILK 2 SCOOP WHEY ISOLATE
MEAL 3	6 OZ CHICKEN BREAST 6 OZ SWEET POTATO GREEN SALAD WITH OLIVE OIL	6 OZ FISH SALMON / TILAPIA 1 CUP BROWN RICE GREEN SALAD WITH OLIVE OIL
MEAL 4	1 CUP OATS (ROLLED OATS) 2 SCOOPS OF WHEY ISOLATE	2 WHEAT BREAD 100G PANEER ONION/TOMATO
MEAL 5	5OZ MUTTON 1 CUP BASMATI RICE 1CUP COOKED VEGETABLES	6OZ CHICKEN BREAST 1 CUP BROWN RICE (COOKED)
MEAL 6	100G PANEER 1/2 APPLE	6 EGSS WHITES + 1 YOLK 2 WHEAT BREAD TOAST
	SUNDAY	
MEAL 1	1 CUP OATMEAL 2 SCOOP WHEY ISOLATE 1 APPLE	
MEAL 2	SMOOTHIE 1 BANANA+1CUP MILK+PEANUT BUTTER 1 SCOOP WHEY	
MEAL 3	6 OZ TUNA 3 OZ WHEAT PASTA 1 CUP STEAM VEGETABLES	
MEAL 4	6 EGSS WHITES 2 WHEAT BREAD GREEN SALAD	
MEAL 5	<b>TREAT MEAL</b> EAT YOUR FAVORITE MEAL	
MEAL 6	100G PANEER 25G CASHEWS	

Regards,

**GURU MANN**