

MONTHLY COST OF MUSCLE BUILDING IN INDIA

	FOOD ITEM	QUANTITY	COST PER KG/BOX	COST PER SERVING	PROTEIN	CARB	FAT
1	Eggs	10	Rs 5	Rs 50	44g	2g	10g
2	Chicken	220g	Rs 300	Rs 60	50g	2g	3g
3	Milk	500ml	Rs 60	Rs 30	20g	20g	2g
4	Paneer	200g	Rs 150	Rs 30	20g	0g	20g
5	Oats	100g	Rs 200	Rs 20	6g	54g	5g
6	Peanut Butter	2 spoon	Rs 140	Rs 10	7g	7g	14g
7	Almonds	28g	Rs 800	Rs 10	7g	7g	14g
8	Peanuts	28g	Rs 200	Rs 5	7g	7g	14g
9	Brown Rice	90g <small>uncooked</small>	Rs 150	Rs 14	6g	45g	2g
10	Wheat Bread	4 Slices	Rs 30	Rs 7	8g	48g	4g
11	Potatoes	200g	Rs 20	Rs 4	1g	40g	0g
12	Wheat Roti	2	Rs 5	Rs 4	8g	44g	2g
13	Banana	2	Rs 60	Rs 10	0	50g	0g
14	Apple	1	Rs 100	Rs 20	0	25g	0g
15	Vegetables	2-3	Rs 200	Rs 10	0	23g	0g
16	Condiments	1-2	-----	Rs 2	0	5g	----
	TOTAL			Rs 286	184g	379g	90g

286 X 30 = Rs 8580

NOTE: Grocery cost could vary state to state. **Carb : Protein Ratio is 2:1**

SUPPLEMENT COST

	FOOD ITEM	QUANTITY	COST PER KG/BOX	COST PER SERVING	PROTEIN	CARB	FAT
1	Whey	2 Scoop	Rs 3000 28servings	Rs 200	50g	3g	2g
2	Multi Vitamins	1	Rs 2500 50servings	Rs 50	0	0	0
3	Omega 3	1	Rs 1200 100servings	Rs 12	0	0	0
4	Creatine	1	Rs 750 300g/30ser	Rs 25	0	0	0
				Rs 287	50g	3g	2g

287 X 30 = Rs 8610

Guru Mann Fitness Inc.
United States.

BUDGET - A

MUSCLE BUILDING WITHOUT SUPPLEMENT

Food Item	Rs 8580	P-180g
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BUDGET - B

MUSCLE BUILDING WITH SUPPLEMENT (1serving of Whey)

Food Item	Rs 8580	P-180g
Supplement (1serving Whey)	Rs 3000	P-25g
	Rs 11,580	P-205g

Guru Mann Fitness Inc.

BUDGET - C

MUSCLE BUILDING WITH SUPPLEMENT (1serving of Whey+MV+Omega3+Creatine)

Food Item	Rs 8580	P-180g
Supplements - 1serving Whey - MV - Omega 3 - Creatine	Rs 5610	P-25g
	Rs 14,190	P-205g

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BUDGET - D

MUSCLE BUILDING WITH SUPPLEMENT (2serving of Whey)

Food Item	Rs 8580	P-180g
Supplements - 2serving Whey - MV - Omega 3 - Creatine	Rs 8600	P-50g
	Rs 17,190	P-230g

Guru Mann Fitness Inc.

OTHER COST

Good Trainer	Rs 10,000 to Rs 20,000/month	FREE
Nutritionist	Rs 10,000 to Rs 20,000/month	FREE
	Rs 20,000 to Rs 40,000	FREE

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