

# POWERHOUSE FITNESS

Mumbai, Maharashtra

DIET PLAN

## Pradeep Sinha

Plan ID

PLAN-008

Version

v1

Date

7 Dec

Goal

muscle gain

TRANSFORMATION GOAL

MUSCLE GAIN

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Your Journey to Fitness Excellence Starts Here

## CLIENT PROFILE

### Pradeep Sinha

Phone 7000000002

Age

**44 yrs**

Gender

**Male**

Level

**Beginner**

WEIGHT

**72** kg

HEIGHT

**155** cm

BMI

**30.0** Overweight

### FITNESS GOAL

**MUSCLE GAIN**

### ADDITIONAL NOTES

Make sure to include adequate eggs and make all the meals easy to prepare. Not too much cooking

## DIET PLAN



### NUTRITION PRINCIPLES

1. Calorie targeting of 2398 calories daily ( $\pm 50$  kcal tolerance)
2. Protein intake focused on muscle gain (aiming for 120-140g, slightly above the 115g minimum target for optimal muscle synthesis)
3. Healthy meals that are easy to prepare with minimal cooking effort
4. Incorporation of recommended supplements: Creatine and Whey Protein with proper timing
5. Balanced nutrition with authentic Indian non-vegetarian foods, including adequate eggs
6. Inclusion of calorie-dense foods like peanut butter for muscle gain

### MONDAY

2471 cal | 139.5g protein

Meal	Time	Foods	Calories	Prep Time
BREAKFAST	8-9 AM	Creatine (5g) with water Scrambled Eggs (3 large) cooked with 1 tsp ghee - 270 calories Oats (70g dry) cooked with water - 266 calories Whey Protein (1 scoop, 30g) blended into oats - 120 calories Banana (1 medium) - 105 calories	761 cal	15 minutes
LUNCH	1-2 PM	Chicken Curry (120g cooked boneless chicken) - 200 calories Brown Rice (250g cooked) - 300 calories Mixed Vegetable Sabzi (200g, cooked with 1 tbsp oil) - 240 calories	740 cal	30 minutes
DINNER	8-9 PM	Whole Wheat Roti (4 medium) - 400 calories Dal Tadka (200g cooked) - 240 calories Cucumber & Tomato Salad (large bowl) - 50 calories Ghee (2 tsp) on Rotis/Dal - 90 calories Peanut Butter (2 tbsp) - 190 calories	970 cal	25 minutes

*Note: Start the week strong with a good balance of protein, carbs, and healthy fats. Hydrate well throughout the day.*

## TUESDAY

2330 cal | 131g protein

Meal	Time	Foods	Calories	Prep Time
BREAKFAST	8-9 AM	Creatine (5g) with water Boiled Eggs (3 large) - 225 calories Poha (flattened rice, 70g dry, cooked with veggies & 1 tbsp oil) - 350 calories Whey Protein (1 scoop, 30g) mixed with Milk (200ml full fat) - 240 calories	815 cal	20 minutes
LUNCH	1-2 PM	Fish Curry (150g cooked fish) - 270 calories Brown Rice (250g cooked) - 300 calories Mixed Salad (cucumber, carrot, onion) with lemon dressing - 50 calories	620 cal	35 minutes
DINNER	8-9 PM	Whole Wheat Roti (2 medium) - 200 calories Chana Masala (200g cooked chickpeas with gravy, 1 tbsp oil) - 350 calories Paneer Bhurji (75g paneer with veggies, 1 tbsp oil) - 300 calories Ghee (1 tsp) on Rotis - 45 calories	895 cal	25 minutes

*Note: Ensure you are getting enough fiber with chana and vegetables. Pre-marinating fish can save cooking time.*

## WEDNESDAY

2495 cal | 141.5g protein

Meal	Time	Foods	Calories	Prep Time
BREAKFAST	8-9 AM	Creatine (5g) with water Omelette (3 large eggs) cooked with 1 tsp oil and veggies - 270 calories Whole Wheat Toast (2 slices) - 160 calories Peanut Butter (2 tbsp) - 190 calories Whey Protein (1 scoop, 30g) mixed with Water - 120 calories	740 cal	15 minutes
LUNCH	1-2 PM	Mutton Curry (100g cooked mutton) - 200 calories Basmati Rice (250g cooked) - 325 calories Raita (curd with cucumber, 150g) - 90 calories Mixed Veg Salad - 50 calories	665 cal	40 minutes
DINNER	8-9 PM	Whole Wheat Roti (4 medium) - 400 calories Mixed Dal (200g cooked) - 240 calories Paneer Tikka (100g, baked/pan-fried with 1 tbsp oil) - 450 calories	1090 cal	30 minutes

*Note: Mutton provides a different source of protein. Consider making extra dal for quick reheating.*

## THURSDAY

2421 cal | 130g protein

Meal	Time	Foods	Calories	Prep Time
<b>BREAKFAST</b>	8-9 AM	Creatine (5g) with water Scrambled Eggs (3 large) cooked with 1 tsp ghee - 270 calories Oats (70g dry) cooked with water - 266 calories Whey Protein (1 scoop, 30g) blended into oats - 120 calories Apple (1 medium) - 95 calories	751 cal	15 minutes
<b>LUNCH</b>	1-2 PM	Chicken Keema (150g cooked minced chicken) with Peas (1 tbsp oil) - 300 calories Whole Wheat Roti (3 medium) - 300 calories Small bowl of Curd (100g) - 60 calories Carrot Salad (100g) - 40 calories	700 cal	30 minutes
<b>DINNER</b>	8-9 PM	Brown Rice (200g cooked) - 240 calories Rajma Masala (200g cooked kidney beans with gravy, 1 tbsp oil) - 380 calories Palak Paneer (75g paneer with spinach, 1 tbsp oil) - 350 calories	970 cal	35 minutes

*Note: Rajma is a great source of plant protein and fiber. Adjust portions if you feel too full.*

## FRIDAY

2541 cal | 125.5g protein

Meal	Time	Foods	Calories	Prep Time
<b>BREAKFAST</b>	8-9 AM	Creatine (5g) with water Boiled Eggs (3 large) - 225 calories Poha (flattened rice, 70g dry, cooked with veggies & 1 tbsp oil) - 350 calories Whey Protein (1 scoop, 30g) mixed with water - 120 calories Almonds (20g) - 116 calories	811 cal	20 minutes
<b>LUNCH</b>	1-2 PM	Egg Curry (2 eggs, 150g gravy, 1 tbsp oil) - 300 calories Basmati Rice (250g cooked) - 325 calories Mixed Vegetable Salad - 50 calories	675 cal	30 minutes
<b>DINNER</b>	8-9 PM	Whole Wheat Roti (3 medium) - 300 calories Chicken Tikka (150g baked/grilled) - 300 calories Dal Makhani (200g cooked with cream/butter) - 350 calories Ghee (1 tsp) - 45 calories Cucumber Raita (100g) - 60 calories	1055 cal	30 minutes

*Note: A good mix of protein sources. Chicken Tikka can be prepped in advance for quick cooking.*

**SATURDAY****2450 cal | 149.5g protein**

Meal	Time	Foods	Calories	Prep Time
<b>BREAKFAST</b>	8-9 AM	Creatine (5g) with water Scrambled Eggs (2 large) with Spinach (50g) and 1 tsp oil - 200 calories Whole Wheat Paratha (1.5 medium, 75g flour each) - 450 calories Whey Protein (1 scoop, 30g) mixed with Water - 120 calories	770 cal	25 minutes
<b>LUNCH</b>	1-2 PM	Fish Fry (200g cooked fish) - 360 calories Brown Rice (200g cooked) - 240 calories Cabbage Sabzi (150g, cooked with 1 tbsp oil) - 180 calories Small bowl of Curd (100g) - 60 calories	840 cal	30 minutes
<b>DINNER</b>	8-9 PM	Whole Wheat Roti (3 medium) - 300 calories Chicken Curry (150g cooked boneless chicken) - 250 calories Mixed Dal (200g cooked) - 240 calories Green Salad (large bowl) - 50 calories	840 cal	30 minutes

*Note: Enjoy a hearty Saturday meal. Paratha is a good way to get carbs and fats. This day balances protein and calories effectively.*

**SUNDAY****2360 cal | 126g protein**

Meal	Time	Foods	Calories	Prep Time
<b>BREAKFAST</b>	8-9 AM	Creatine (5g) with water Boiled Eggs (4 large) - 300 calories Whole Wheat Toast (3 slices) - 240 calories Peanut Butter (2 tbsp) - 190 calories Whey Protein (1 scoop, 30g) mixed with Milk (200ml full fat) - 240 calories	970 cal	15 minutes
<b>LUNCH</b>	1-2 PM	Chicken Biryani (250g chicken, 300g rice, cooked with oil & spices) - 700 calories Cucumber Raita (150g) - 90 calories	790 cal	45 minutes
<b>DINNER</b>	8-9 PM	Whole Wheat Roti (2 medium) - 200 calories Dal Makhani (200g cooked) - 350 calories Mixed Salad (large bowl) - 50 calories	600 cal	30 minutes

*Note: Sunday special with Chicken Biryani. Enjoy the meal and hydrate throughout the day for good recovery.*

## SHOPPING LIST

- |   |  |   |
|---|--|---|
| - Creatine supplement (powder)            | - Whole Wheat Flour (Atta - 2-3kg)     | - Garlic (1 head)                       |
| - Whey Protein supplement (powder)        | - Peanut Butter (1 large jar)          | - Green Chillies (small pack)           |
| - Eggs (2-3 dozen, large)                 | - Ghee (clarified butter, 1 small jar) | - Spinach (Palak, 2-3 bunches)          |
| - Oats (rolled or quick-cooking, 1kg)     | - Cooking Oil (Mustard oil/Sunflower)  | - Capsicum (Bell Peppers, 2-3)          |
| - Bananas (1 bunch)                       | - Poha (flattened rice, 500g)          | - Cucumber (3-4)                        |
| - Milk (full fat, 1-2 litres)             | - Whole Wheat Bread/Toast (1 loaf)     | - Carrots (3-4)                         |
| - Chicken (boneless breast, minced,       | - Apples (few)                         | - Cabbage (1 small head)                |
| - Fish (Rohu, Tilapia, or preferred white | - Almonds (small pack, 100g)           | - Peas (frozen, 1 pack)                 |
| - Mutton (boneless - approx. 200g-300g    | - Yogurt / Curd (fresh, 1-2kg)         | - Coriander Leaves (2-3 bunches)        |
| - Paneer (cottage cheese - approx.        | - Onions (1kg)                         | - Lemon (3-4)                           |
| - Lentils (Toor Dal, Moong Dal, Urad Dal, | - Tomatoes (1kg)                       | - Basic Indian Spices (Turmeric, Cumin, |
| - Brown Rice / Basmati Rice (2-3kg)       | - Ginger (1 small piece)               |   |

### DISCLAIMER

This meal plan is for informational purposes only and is based on the provided client profile and dietary requirements. Individual needs may vary. Consult a qualified nutritionist or healthcare professional for personalized advice, especially if you have underlying medical conditions or specific dietary concerns. The calorie and protein estimations are approximate and can vary based on exact ingredients, cooking methods, and portion sizes. It's recommended to track your own intake for precision.