



Dear Adilmalik,
Here is your personalised diet chart.



2800 Kcal Non-Veg Diet				
TIME	MEAL	FOOD ITEMS	PORTION SIZE	CALORIES
6-7AM	Morning Pre-Workout Meal	Peanut Butter Sandwich	1 No	320
	Post Workout Meal	Recommended MuscleBlaze Gainer Shake	1 Glass	
8-9AM	Breakfast	Daliya with Paneer and Vegetable / Oatmeal Porridge	1 Bowl	240
		Whole Egg	3 No.	230
11AM-12PM	Mid-Morning	Almonds (Soaked) + Walnuts + Cashews	Handful	180
		Recommended MuscleBlaze Gainer Shake	1 Glass	
2-3PM	Lunch	Normal Roti + Rice	4 No. + 1 Cup	350
		Dal / Chicken Curry / Egg Curry	1 Cup	120
		Seasonal Vegetables	1 Cup / 100 gm	80
		Boondi Raita	1 Cup	80
		Mix Vegetable Salad	1 Quarter Plate	80
5-6PM	Evening Snacks	Boiled Potato Sweet Corn Chaat	1 Bowl	230
		Recommended MuscleBlaze Gainer Shake	1 Glass	
8-9PM	Dinner	Normal Roti + Rice	4 No. + 1 Cup	350
		Dal / Roasted Chicken / Egg Curry	1 Cup / 100 gm / 1 Cup	120
		Seasonal Vegetables	1 Cup / 100 gm	80
		Curd	1 Cup	60
		Mix Vegetable Salad	1 Quarter Plate	80
10PM	Bedtime	Banana Shake	1 Cup	200

This is a generic system generated diet plan based on the information you have shared. For customized diet plan and product recommendation, please reach out to MUSCLEBLAZE CUSTOMER CARE @ +91-85277 32632

If you are new to gainers and proteins, we recommend starting with one shake per day for initial 2-3 days then gradually increase the consumption for better results. Please do not exceed recommended usage as mentioned on the pack label.

Disclaimer: This diet plan shall only be observed after prior consultation with a doctor in case of any allergy, pre-medication, pregnancy, or under any health condition. The results may vary depending upon the physiological conditions of the individual. For any adverse effect, the company or brand shall not be held responsible/liable.

Please Note: Calories mentioned in the diet are only indicative in nature. Calories mentioned do not include calories provided by Gainers