

# MASS GAIN MEAL PLAN

2,500–2,800 Kcal/day Strategy for Strength and Growth

## CORE MASS GAIN RULES

- **Caloric Surplus:** Target 2,500–2,800 Kcal/day to increase weight gradually and sustainably.
- **Meal Frequency:** Aim for 6 meals a day. Juices are paired with protein/healthy fats to bridge gaps between main meals.
- **Macronutrients:** Protein is included with every single meal to support muscle synthesis.
- **Healthy Fats:** Mandatory inclusion of nuts, dairy, peanut butter, and healthy oils/ghee to easily boost daily calorie intake.
- **Activity:** Strength exercise is highly recommended so excess calories are directed toward building muscle mass.

## THE 7-DAY SCHEDULE

DAY	BREAKFAST	MID-MORNING SNACK	LUNCH	DINNER
MONDAY	Chocolate Oatmeal <i>(loaded with Peanut Butter, mixed nuts, and fruits)</i>	Pineapple Lemon Juice + 1 scoop of whey protein	Lemon Pepper Chicken Bowl <i>(with a generous portion of Rice &amp; Veggies)</i>	Paneer Bowl <i>(with Quinoa &amp; Veggies)</i>
TUESDAY	Paneer, Spinach & Mushroom Omelet + side of 200g roasted potatoes	Amla Ginger Juice + a handful of mixed nuts	Fish Bowl <i>(with Brown Rice &amp; Veggies)</i>	Honey Mustard Chicken Bowl <i>(with Rice &amp; Veggies)</i>
WEDNESDAY	Avocado Chicken Toast + side of boiled eggs	Ginger Lemon Juice <i>(with Chia seeds)</i>	Paneer Bowl <i>(with Rice &amp; Veggies)</i>	Lemon Pepper Chicken Bowl <i>(with Quinoa &amp; Veggies)</i>
THURSDAY	Smoothie Bowl <i>(frozen fruits blended with milk and whey protein)</i>	ABC Juice <i>(Apple, Beetroot, Carrot)</i>	Honey Mustard Chicken Bowl <i>(with Brown Rice &amp; Veggies)</i>	Fish Bowl <i>(with Rice &amp; Veggies)</i>

DAY	BREAKFAST	MID-MORNING SNACK	LUNCH	DINNER
FRIDAY	Fully Loaded Sandwich <i>(Chicken, paneer, egg, mushroom, corn, and cheese)</i>	Green Juice + a handful of walnuts or almonds	Lemon Pepper Chicken Bowl <i>(with Rice &amp; Veggies)</i>	Paneer Bowl <i>(with Brown Rice &amp; Veggies)</i>
SATURDAY	Poha + side of 200g potatoes and boiled eggs	Watermelon & Lemon Juice + 1 scoop of whey protein	Fish Bowl <i>(with Quinoa &amp; Veggies)</i>	Honey Mustard Chicken Bowl  <i>(with Rice &amp; Veggies)</i>
SUNDAY	Normal Oatmeal <i>(blended with fruit and whole milk)</i> + side of boiled eggs	ABC Juice <i>(Apple, Beetroot, Carrot)</i>	Paneer Bowl <i>(with Rice &amp; Veggies)</i>	Lemon Pepper Chicken Bowl  <i>(with Brown Rice &amp; Veggies)</i>

### Important Notes for Success

- **Carb Loading:** Unlike restrictive diets, do not skip or reduce the rice/quinoa in your dinner bowls. You need those complex carbs for energy and mass accumulation.
- **Ghee & Dairy:** To hit your 2,500+ calorie goal, feel free to add a spoonful of ghee to your rice bowls or use whole milk for your oatmeal and smoothies.
- **Snack Upgrades:** If you find yourself hungry between Lunch and Dinner, you can easily add a second protein shake or a couple of boiled eggs to ensure you hit that 6-meal-a-day principle.