

3. Amino

Dinner (20;30)

1. 150 grams roasted chicken
2. Small cup of rice
3. Fresh salad
4. Water

Before bed (23;00)

1. 100 – 200 grams curd with 2 spoons of peanut butter

This diet is for people who has difficulties with weight gain. It's important for you to be strict with the diet and also is important how you train in the gym. If you have any questions you can contact with me: astoykew@gmail.com . NEVER GIVE UP!

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