

Diet

- 7h

1 banana + 1 protein shake with BCAA

- 7:30

100 grams oat flakes

4 whole eggs

- 10:30

15-20 raw almonds

- 14:00

180 grams beef steak

300 grams potatoes or rice

- 17:00

Green tea , coffee

- 19:00 (Pre workout)

180 grams beef steak or chicken

300 grams potatoes or rice

- Post workout

1 banana and protein shake

- 23:30

200 grams curd and 1 table spoon peanut butter

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