

MONTHLY COST OF FOOD TO BUILD MUSCLE (INDIA)

175 x 30 = Rs 5250

NOTE: Grocery cost could vary state to state. **Carb : Protein Ratio is 3:1**

	FOOD ITEM	QUANTITY	COST PER KG/ BOX	COST PER SERVING	PROTEIN	CARB	FAT
1	Eggs	10	Rs 4	Rs 40	44g	2g	10g
2	Milk	500ml	Rs 60	Rs 30	20g	20g	2g
3	Paneer	200g	Rs 150	Rs 30	20g	0g	20g
4	Oats	100g	Rs 200	Rs 20	6g	54g	5g
5	Peanut Butter	2 spoon	Rs 140	Rs 10	7g	7g	14g
6	Peanuts	28g	Rs 200	Rs 5	7g	7g	14g
7	Rice	90g <small>uncooked</small>	Rs 80-100	Rs 9	6g	45g	2g
8	Wheat Bread	4 Slices	Rs 30	Rs 7	8g	48g	4g
9	Potatoes	200g	Rs 20	Rs 4	1g	40g	0g
10	Wheat Roti	2	Rs 40	Rs 4	8g	44g	2g
11	Banana	3	Rs 60	Rs 15	0	75g	0g
12	Condiments	1-2	-----	Rs 2	0	5g	----
	TOTAL			Rs 175	127g	347g	73g



SAMPLE MEAL PLAN

MEAL 1

100G CUP OATS WITH 1 BANANA
2 WHOLE EGGS
3 EGG WHITES

MEAL 2

250ML MILK
2 BANANA
28G PEANUTS

MEAL 3

RICE WITH LENTIL OR BEANS

MEAL 4

4 SLICE BREAD
2SP PEANUT BUTTER
250ML MILK

POST WORKOUT

5 EGG WHITES
250ML MILK (OPTIONAL)

MEAL 5

POTATO WITH GREEN BEANS OR CAPCICUM
2 ROTI

MEAL 6

200G PANEER