

7-Meal Muscle Gain Plan (IBS-Friendly, Indian Style)

1. Breakfast - Oats Banana Protein Shake

Protein: 25g | Notes: Quick, vegan, muscle-fueling

2. Mid-Morning - Paneer & Spinach Wrap

Protein: 28g | Notes: High in calcium, IBS-friendly

3. Lunch - Masoor Dal with Brown Rice & Boiled Egg

Protein: 35g | Notes: Balanced veg + egg combo

4. Evening Snack - Chickpea Chaat with Lemon & Mint

Protein: 18g | Notes: Spicy and clean

5. Dinner - Grilled Chicken with Sweet Potato

Protein: 40g | Notes: Ideal for clean bulking

6. Post-Dinner - Turmeric Milk with Peanut Butter Toast

Protein: 22g | Notes: Muscle recovery focused

7. Optional Add-on - Whey Protein Shake with Almonds

Protein: 30g | Notes: Fast absorption