

ECTOMORPH DIET PLAN

Coach Amarsh

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DM for personalised diet & workout plan

Goal: Muscle gain and healthy weight gain.
5 Meals Daily | High Protein | High Carbs | Healthy Fats

Meal 1 — Breakfast (7–9 AM)

- Option 1: 4 Whole eggs, 3 Brown bread slices, 1 Banana
 - Option 2: Oats (80g) with milk, Peanut butter, 1 Scoop whey protein
 - Option 3: Paneer paratha with curd
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Meal 2 — Mid Morning (11 AM)

- Option 1: Banana shake with peanut butter
 - Option 2: Greek yogurt / curd bowl with dry fruits
 - Option 3: Mixed nuts + seasonal fruit
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Meal 3 — Lunch (1–3 PM)

- Option 1: 200g Chicken breast, 2 Cups rice, Salad
 - Option 2: 3 Rotis, Dal, 150g Paneer
 - Option 3: Fish (200g), Sweet potato, Vegetables
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Meal 4 — Pre/Post Workout Snack

- Option 1: Banana + black coffee
 - Option 2: Peanut butter sandwich + whey protein
 - Option 3: Dates + protein shake
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Meal 5 — Dinner (8–10 PM)

- Option 1: Chicken / fish with rice and vegetables
 - Option 2: Paneer bhurji with 2 rotis
 - Option 3: Soy chunks with potatoes and salad
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Important Guidelines

- Drink 3–4 liters water daily
- Focus on calorie surplus
- Avoid skipping meals
- Sleep 7–9 hours daily
- Strength training is highly recommended

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