

MESOMORPH DIET PLAN

Coach Amarsh

Website: coachamarsh.com

Instagram: @coach.amarsh

DM for personalised diet & workout plan

Goal: Lean muscle gain and balanced physique.

5 Meals Daily | High Protein | Moderate Carbs | Healthy Fats

Meal 1 — Breakfast (7–9 AM)

- Option 1: 5 Egg whites + 2 whole eggs, 2 Brown bread slices, 1 Banana
 - Option 2: Oats (60g) with milk, 1 Scoop whey protein, 10 Almonds
 - Option 3: Paneer bhurji (100g paneer), 2 Multigrain rotis, Green tea / black coffee
-

Meal 2 — Mid Morning (11 AM)

- Option 1: 1 Apple, 20 Peanuts, Buttermilk
 - Option 2: Greek yogurt / curd bowl, 1 Seasonal fruit
 - Option 3: Protein shake, Handful mixed nuts
-

Meal 3 — Lunch (1–3 PM)

- Option 1: 150g Chicken breast, 1 Cup rice, Salad + curd
 - Option 2: 2 Rotis, Dal, 100g Paneer, Salad
 - Option 3: Fish (150g), Sweet potato, Green vegetables
-

Meal 4 — Pre/Post Workout Snack

- Option 1: Banana + black coffee
 - Option 2: Peanut butter sandwich
 - Option 3: Whey protein + dates
-

Meal 5 — Dinner (8–10 PM)

- Option 1: 150g Chicken / Fish, Stir-fried vegetables
 - Option 2: Paneer salad bowl, Soup
 - Option 3: 2 Rotis, Egg bhurji / soy chunks, Salad
-

Important Guidelines

- Drink 3–4 liters water daily
- Avoid fried & processed foods
- Sleep 7–8 hours
- Maintain workout consistency
- 1 free meal per week allowed

Coach Amarsh

coachamarsh.com | @coach.amarsh