

**JSS FITNESS**

**FREE MUSCLE GAIN NON-VEG DIET PLAN**

FREE PLAN | [www.jssfit.com](http://www.jssfit.com)

# **Calories & Macronutrients Analysis**

Calories: 2800-3200 kcal

Protein: 160-190g

Carbs: 350-420g

Water Intake: 4-5 Litres

## Detailed Meal Plan

Meal	Food	Calories	Protein	Carbs	Fats
Breakfast	4 Eggs + Bread + Banana	700	35g	85g	20g
Mid Meal	Milk + Banana	250	10g	35g	6g
Lunch	200g Chicken + Rice	800	60g	85g	15g
Pre WO	2 Bananas	200	2g	50g	0g
Dinner	200g Chicken + 3 Roti	850	60g	90g	18g

## **Recommended Foods**

Eggs, Chicken, Fish, Rice, Roti, Fruits, Vegetables, Milk and whole foods.

## **Expected Results**

Results depend on consistency, training and recovery.

## **Success Rules**

Train consistently, sleep 7-9 hours, stay hydrated and follow the diet 90%+ of the time.

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