

# FITNESS AT HOME WITHOUT EQUIPMENT

## Stop Struggling to Gain Weight - Start Eating Smart!”

Gain healthy weight naturally with a balanced, high-calorie diet rich in protein, complex carbs, and healthy fats. Build muscle, boost strength, and improve energy with consistent meals and workouts.

- Eat every 3–4 hours to maintain a calorie surplus.
- Add 1–2 tbsp peanut butter or olive oil to meals for extra calories.
- Stay hydrated but don’t drink too much water before meals.
- Get 7–8 hours of sleep daily — muscle growth happens during rest.
- Combine with strength training 4–5 times per week.

# **FITNESS AT HOME WITHOUT EQUIPMENT**

**Average Calories/day: 2,800-3,000 kcal**

## **Morning (Before Breakfast)**

- 1 glass lukewarm water with honey and lemon (boosts digestion)
- After 15 mins: 1 glass full-fat milk + 5 soaked almonds + 2 bananas

## **Breakfast (8:00-9:00 AM)**

**Choose any one:**

- Vegetable oats with peanut butter toast + 1 banana
- Paneer (cottage cheese) paratha + curd + 1 glass fruit juice

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## **Mid-Morning Snack (11:00 AM)**

- Handful of mixed nuts (almonds, cashews)
- 1 banana or apple
- 1 glass mass gainer or protein shake (optional but effective)

## **Lunch (1:00-2:00 PM)**

### **Option 1 (Veg):**

- 2 cups cooked brown rice or 3 chapatis
- 1 bowl dal (lentils)
- 1 bowl mixed vegetable curry
- 100g paneer or tofu
- Salad + 1 tsp ghee

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## **Lunch (1:00-2:00 PM)**

### **Option 2 (Non-Veg):**

- 1 cup rice or 3 chapatis
- 1 bowl chicken curry (150g chicken breast)
- 1 bowl dal + green salad
- 1 tsp olive oil or ghee

## **Evening Snack (5:00 PM)**

### **Option 1 (Veg):**

- 1 banana smoothie or peanut butter milkshake

### **Option 2 (Non-Veg):**

- 2 boiled eggs or grilled sandwich with paneer/chicken
- 1 handful roasted chickpeas or peanuts

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## **Pre-Workout (6:30 PM)**

- 1 banana or apple + handful of dry fruits
- 1 cup black coffee (optional for energy boost)

## **Post-Workout (8:00 PM)**

- 1 protein shake or milk with honey
- 2 boiled eggs or paneer cubes

**“Your body can stand almost anything; it’s your mind you have to convince.”**

## **Dinner (9:00 PM)**

### **Option 1 (Veg):**

- 2 chapatis or 1 cup rice
- 1 bowl mixed dal or rajma/chole
- 100g paneer/tofu
- Salad + 1 tsp olive oil

### **Option 2 (Non-Veg):**

- 1 bowl brown rice or 2 chapatis
- 150g grilled fish or chicken
- 1 bowl dal or vegetables
- Salad + 1 tsp olive oil

## **Before Bed (10:30 PM)**

- 1 glass warm milk with honey
- 4 soaked almonds or 2 dates

# **Important Tips**

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