

DIET PLAN FOR BULK / MUSCLE GAIN

THE TALL FRAME MASS BUILDER DIET

CALORIC & FRAME STRATEGY: To bulk up a taller frame (for height between 5'7" and 6'2"), you need a consistent caloric surplus and plenty of protein. When you have longer limbs, filling out requires eating significantly more food than you might be used to — aiming for roughly **2,800 TO 3,200 CALORIES** and **100G TO 120G OF PROTEIN** daily.

DAILY DIET PLAN

MEAL	FOOD / INSTRUCTIONS	TIME
Meal 1: Pre-Breakfast	1 large banana, 1 tablespoon of peanut butter, and a handful of soaked almonds and raisins.	7:00 AM
Meal 2: Breakfast	4 whole eggs (scrambled, boiled, or as an omelet) + 3 whole wheat rotis or 2 stuffed aloo/paneer parathas + 1 glass of full-fat milk (300ml).	8:30 AM
Meal 3: Mid-Morning Shake	Homemade Bulking Shake: Blend 300ml full-fat milk, 2 bananas, 50g oats, 1 scoop of whey protein (or 2 boiled egg whites on the side if you don't use whey), and 1 tbsp peanut butter.	11:00 AM
Meal 4: Lunch	150g cooked chicken breast or chicken thigh curry (cooked in minimal oil/ghee) + 1 large bowl of white rice + 2 rotis + 1 bowl of thick dal (lentils) + a small portion of mixed salad.	1:30 PM
Meal 5: Pre-Workout	1 large boiled sweet potato (or 2 bananas) + 1 cup of strong black coffee (optional, for energy).	5:00 PM
Meal 6: Post-Workout	4-5 boiled eggs.	7:00 PM
Meal 7: Dinner	150g grilled fish (like Rohu or Tilapia) or chicken + 1 bowl of rice or 3 rotis + 1 portion of green vegetables (spinach, beans, or broccoli).	9:00 PM
Before Bed	1 glass of warm milk.	Pre-Sleep

WEEKLY GROCERY LIST (7-DAY CLEAN BULK)

Calculated precisely to cover exactly 7 days of the clean bulking meal plan without leaving you short on ingredients.

CATEGORY	ITEMS & QUANTITIES REQUIRED
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Proteins (Meat & Dairy)

- **Chicken Breast / Thigh:** 2 to 2.5 kg (Covers two 150g servings per day)
- **Eggs:** 1 full tray / 30 eggs (Covers 4 eggs per day)
- **Milk (Full Cream / Toned):** 3.5 to 4 Liters (Covers morning oatmeal/shake & night glass)
- **Paneer:** 700g (Covers 100g mid-morning snack option if not using whey protein)
- **Fish (Optional):** 500g of Fish (if you want to swap out chicken for a few dinners)

Carbohydrates

- **White Rice:** 2 kg (Covers approx. 1.5 cups of cooked rice for lunch and dinner)
- **Rolled Oats:** 500g pack (Covers standard 50g serving daily)
- **Dal (Moong, Toor, or Masoor):** 500g (Covers 1 bowl a day)
- **Brown Bread / Whole Wheat:** 1 standard loaf (Covers 2 slices pre-workout daily)

Fruits & Veggies

- **Bananas:** 1 to 1.5 dozen (For morning shakes and pre-workout)
- **Apples:** 1 to 1.5 kg / about 7-8 medium apples (For pre-workout alternative)
- **Green Vegetables:** 1 kg of mixed greens like broccoli, spinach, or green beans (For dinner)
- **Salad Veggies:** 1.5 kg total of cucumbers, tomatoes, carrots, and onions (For lunch)

Healthy Fats

- **Peanut Butter (Unsweetened):** 500g jar (Covers 2 tablespoons a day)
- **Almonds:** 200g pack (For the mid-morning snack/pre-breakfast)
- **Walnuts:** 200g pack (For the before-bed/late snack)