



SHAPE **YOUR** BODY

With DV Gym

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8840115363

Here's a simple gym diet plan to help support your fitness goals. Whether you're aiming for muscle gain, fat loss, or overall health, your diet should complement your workouts. Below is a balanced approach for different fitness goals:

1. For Muscle Gain (Bulking):

You'll need to eat in a calorie surplus with higher protein intake to support muscle repair and growth.

Breakfast:

4-5 egg whites + 2 whole eggs scrambled or boiled

1 serving of oatmeal with a tablespoon of peanut butter or honey

1 banana or a handful of berries

Mid-morning Snack:

Greek yogurt with nuts or seeds (almonds, chia, or flax seeds)

1 small apple

Lunch:

Grilled chicken breast or turkey (6-8 oz)

Brown rice or quinoa (1 cup cooked)

Steamed vegetables (broccoli, spinach, carrots)

Afternoon Snack (Pre-workout):

Protein shake with a serving of banana or some berries

A handful of almonds or walnuts

Post-workout:

Protein shake with fast-digesting carbs (like dextrose or a banana)

A piece of dark chocolate (optional)

Dinner:

Lean steak or fish like salmon (6 oz)

Sweet potato or regular potato (1 medium-sized)

Salad with olive oil, lemon, and mixed greens (spinach, kale, arugula)

Late-night Snack:

Cottage cheese or casein protein (slow-digesting protein to help muscle recovery during sleep)

A small handful of mixed nuts

2. For Fat Loss (Cutting):

You need to eat at a calorie deficit while focusing on maintaining muscle mass.

Breakfast:

4-5 egg whites + 1 whole egg scrambled or boiled

1 slice of whole-grain toast or 1/2 avocado on toast

1 orange or a handful of berries

Mid-morning Snack:

A small handful of almonds or walnuts

Green tea or black coffee (if desired)

Lunch:

Grilled chicken breast or lean turkey (4-6 oz)

Steamed vegetables (broccoli, zucchini, cauliflower)

A small portion of quinoa or brown rice (1/2 cup)

Afternoon Snack (Pre-workout):

Protein shake or cottage cheese (low-fat)

A small apple or 1/2 a banana

Post-workout:

Protein shake (whey or plant-based)

1/2 cup of berries or 1/4 cup of oats

Dinner:

Grilled salmon or lean fish (5-6 oz)

Steamed spinach or kale

A small portion of sweet potato (1/2 medium-sized)

Late-night Snack:

Cottage cheese with a sprinkle of cinnamon

Sliced cucumber or celery sticks

3. For General Health & Maintenance:

Focus on balanced meals with moderate portions.

Breakfast:

3-4 eggs scrambled or in an omelet with spinach, peppers, and onions

1 small piece of whole-grain toast or 1 serving of oatmeal

Mid-morning Snack:

A piece of fruit (apple, pear, or banana)

A handful of mixed nuts

Lunch:

Grilled chicken or tofu (4-5 oz)
Mixed green salad (spinach, lettuce, cucumber, tomato)
Olive oil and vinegar dressing
1/2 cup of quinoa or brown rice

Afternoon Snack (Pre-workout):

Protein shake or Greek yogurt (plain, low-fat)

A handful of berries

Post-workout:

Protein shake

A small banana or an apple

Dinner:

Lean protein like fish or chicken breast (5-6 oz)

Roasted vegetables (zucchini, carrots, or sweet potatoes)

Late-night Snack:

A small portion of cottage cheese or a handful of nuts

Hydration:

Drink plenty of water throughout the day (at least 8 cups).

Consider drinking water with added electrolytes if you're doing intense workouts.

General Tips:

Protein: Aim for 1.0–1.5 grams of protein per kilogram of body weight.

Carbs: Focus on complex carbs (brown rice, quinoa, oats) and avoid refined sugars.

Fats: Include healthy fats from avocados, olive oil, and nuts.

Portion Control: Adjust portions based on your specific goal (calorie surplus for bulking, deficit for cutting).

Would you like suggestions on how to tweak this plan based on your specific goals or preferences?