

# Muscle Building & Healthy Weight Gain Guide

For Individuals Weighing Approximately 55–65 kg

Daily Target	Recommendation
Calories	~2,000 kcal/day
Protein	70–100 g/day
Weight Gain Goal	0.25–0.5 kg/week
Strength Training	3–5 sessions/week
Sleep	7–9 hours/night

## Step-by-Step Muscle Building Strategy

### Step 1: Eat in a Moderate Calorie Surplus

Consume around 2,000 calories daily. Increase gradually if body weight does not rise after 2–3 weeks.

### Step 2: Prioritize Protein

Aim for 70–100 g protein daily from eggs, milk, curd, paneer, fish, chicken, soy, dal, and legumes.

### Step 3: Strength Training

Focus on compound movements: squats, push-ups, bench press, rows, overhead press, lunges, and deadlifts.

### Step 4: Recover Properly

Sleep 7–9 hours and allow muscles to recover between training sessions.

### Step 5: Track Progress

Measure body weight weekly and adjust calories if needed.

## South Indian Friendly 2,000 Calorie Vegetarian Meal Plan

Meal	Foods	Approx Protein
Breakfast	3 Idlis + Sambar + 250 ml Milk	18 g
Mid-Morning	Banana + Handful Peanuts	8 g
Lunch	Rice + Sambar + Vegetable Poriyal + Curd	18 g
Evening	Paneer Sandwich / Sprouts Chaat	15 g
Dinner	2 Dosas + Sambar + Paneer Bhurji	22 g
Before Bed	250 ml Milk	8 g

Estimated Total: ~2,000 kcal | ~89 g Protein

## South Indian Friendly 2,000 Calorie Non-Vegetarian Meal Plan

Meal	Foods	Approx Protein
Breakfast	3 Idlis + Sambar + 3 Eggs	25 g
Mid-Morning	Banana + Peanuts	8 g
Lunch	Rice + Chicken Curry (150 g) + Vegetable	30 g
Evening	Milk + Peanut Chikki	12 g
Dinner	2 Dosas + Fish/Chicken (120 g)	25 g
Before Bed	Curd / Milk	8 g

Estimated Total: ~2,000 kcal | ~95–100 g Protein

# Weekly Training Template

Day	Workout
Monday	Chest + Triceps
Tuesday	Back + Biceps
Wednesday	Rest / Walking
Thursday	Legs
Friday	Shoulders + Core
Saturday	Full Body
Sunday	Rest

## Key Success Metrics

- Gain 0.25–0.5 kg per week
- Reach 70–100 g protein daily
- Progressively increase weights during workouts
- Maintain consistent sleep and hydration