

90-DAYS BULKING DIET CHART

Tailored for Ectomorph Hard-Gainer Frame • Clean Muscle Volume Execution

CURRENT PROFILE

- Height: **6 Feet (183 cm)**
- Current Weight: **65.5 kg (Peak: 67 kg)**
- Lifestyle / Job: **App Developer / Sedentary Desk**

TARGET & STRATEGY

- Target Weight: **75 kg - 80 kg**
- Daily Calorie Target: **3000 - 3200 kcal**
- Primary Supplement: **KL Anabolic Mass Gainer (7kg)**

Daily Meal Schedule (Morning Gym Routine: 6:30 AM - 8:00 AM)

Time	Meal Category	Exact Food Items & Protocol
06:00 AM	Pre-Workout Fuel	• 2 Medium Bananas (Kele) • 3g Creatine Monohydrate with 250ml plain water. Instant Glycogen & ATP Production
06:30 AM - 08:00 AM	 TRAINING WINDOW	Focus on heavy compound lifts (Squats, Deadlifts, Shoulder Press). Keep hydration steady with small sips of water throughout the session.
08:30 AM	Post-Workout Mega Shake	• 1 Scoop (50g) Kevin Levrone Anabolic Mass Gainer • 350ml Full Cream Milk • 1 Banana + 40g Pisa Hua Quaker Oats (Blend together into a smooth liquid shake). ~850 Calories ~35g Protein High Recovery
10:00 AM	Late Breakfast	• 2 Normal Roti + Home-cooked Seasonal Sabzi. • 2 Boiled Potatoes (Aloo) seasoned with light salt and lemon juice. ⚠ WARNING: Do NOT take Dahi (Curd) in this meal. Keep it strictly separate from the 08:30 AM milk shake to avoid digestive stress.
01:30 PM	Solid Lunch	• 4 Fresh Roti + Daal / Sabzi. • 1 Katori Fresh Curd (Dahi) — Perfect time to ingest curd for gut health. • 30g - 40g Soya Chunks Sabzi (Add directly into your normal daily vegetable prep to skyrocket non-supplement protein content).
05:00 PM	Evening Code-Desk Snack	• Seasonal Fruits: Watermelon (Tarbuj), Melon (Kharbuja), or Mango (Aam).

Time	Meal Category	Exact Food Items & Protocol
		• Alternative: Roasted Chana (50g) + Handful of Roasted Peanuts. Keep refreshing your hydration while coding.
08:30 PM	Clean Dinner	• Light Rice paired with fresh Curd (Curd-Rice Combo) OR 2 Roti + Light Sabzi. • Ensure a touch of pure Desi Ghee on the rotis to fulfill necessary healthy fats. Easy to digest before sleeping. Prevents morning stomach pain.



CRITICAL DIGESTION & COMBINATION RULES (AYURVEDA & SCIENCE)

- **Strict Separation:** Never consume Dahi (Curd) and Milk products together or within a 2-hour window. Your 10:00 AM breakfast is strictly Dahi-free because of your heavy 08:30 AM Milk-Gainer shake. Curd is perfectly allocated to 01:30 PM Lunch and 08:30 PM Dinner.
- **7-Day Gainer Adaptation Phase:** For the first 7 days of starting the Kevin Levrone 7kg pack, use only **HALF SCOOP (25g)** in your morning shake. This prevents stomach loading, bloating, and unexpected pain, allowing your gut to build matching digestive strength. Move to 1 full scoop on Day 8.
- **Hydration Rule:** Creatine and premium Mass Gainers require high intra-cellular water levels. Drink a minimum of **4 Liters of clean water** evenly spread across the entire day.

3-Month Progression Plan (90 Days Blueprint)

1. **Month 1 (Day 1 - 30): Target ~3kg Gain.** Your body will trigger rapid muscle memory recovery and initial fluid retention inside muscle cells due to Creatine. You will easily cross your old 67kg mark. Do not skip the daily pre-workout bananas.
2. **Month 2 (Day 31 - 60): Target ~2.5kg Gain.** True clean structural bulking. Focus heavily on **Progressive Overload** at the gym—gradually increase the weight on your compound barbell and dumbbell movements every single week. Without heavy lifting, extra calories convert to belly fat.
3. **Month 3 (Day 61 - 90): Target ~2kg Gain.** Solidifying muscle density. Your frame will look significantly broader and thicker. If weight gain plateaus near 73-74kg, slightly scale your gainer serving from 1 scoop to 1.5 scoops daily to maintain a caloric surplus toward the final 80kg threshold.