

— NUTRITION SYSTEM · BUILD

MUSCLE-GAIN SYSTEM

A lean surplus built for the Indian plate — eat enough to grow, keep it mostly muscle, and feed the training that earns it.

LEVEL

All Levels

FOCUS

Muscle Gain

FORMAT

Free PDF

BUILDS ON

The Indian Plate



01 — BEGIN HERE

EAT TO BUILD.

You cannot build muscle from a deficit. Growth needs a little more food than you burn, a lot of protein, and the training to use it. This is the lean surplus — enough to grow steadily, small enough to stay mostly muscle, built from Indian food you'll actually eat.

FOR YOU, IF

You're training to build muscle and want to feed it properly — without the old "dirty bulk" that just adds fat. Veg or non-veg, any budget.

BUILDS ON

The plate from The Indian Plate. This is that plate, sized into a small surplus and fuelled around training.

BY THE END, YOU WILL

Know your maintenance and a lean surplus · build a gaining plate · hit a big protein target on Indian food · eat enough even with a small appetite · and gain muscle without burying it in fat.

WHAT'S INSIDE

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THE FIVE PRINCIPLES

Building well is mostly the discipline of eating slightly more, consistently. These five guide it.

01 A SURPLUS, BUT A SMALL ONE

Muscle needs you to eat a little above maintenance. Little is the operative word — a big surplus just adds fat the body can't turn into muscle.

02 PROTEIN IS THE MATERIAL

The surplus supplies energy; protein supplies the bricks. High, daily, spread across meals — this is what actually becomes muscle.

03 CARBS FUEL THE BUILD

Carbs power hard training and help recovery. In a gain, they're your friend — most of the extra food lives here, especially around sessions.

04 GAIN SLOWLY

About 0.25–0.5% of bodyweight a week. Faster is mostly fat. Patience here means you build a lean physique, not one you'll have to crash-diet later.

05 TRAIN TO EARN IT

Food without hard training is just fat gain. The surplus only becomes muscle if the lifting is there to demand it. → Hypertrophy Method



03

THE PLAN AT A GLANCE

One page. Screenshot it. Three numbers and a plate that leans on carbs.

THE THREE NUMBERS

FIND

MAINTENANCE

Bodyweight kg $\times$ 32 $\approx$
calories to hold steady.

ADD

+200 TO +400

The surplus. $\sim$ 0.25–0.5%
bodyweight gained /
week.

ANCHOR

1.6–2.2 G/KG

Protein — the material the
surplus builds with.

WATCH

WEEKLY AVG

Gaining too fast = fat.
Adjust by the trend.

THE GAINING PLATE · HOW IT TILTS

ANCHOR

PROTEIN

- 1 A palm-plus, each meal
- 2 3–4 protein meals a day
- 3 Never the thing you skip

ADD

CARBS

- 1 Bigger portions, esp. around training
- 2 Rice, roti, oats, fruit, potato
- 3 Where the surplus lives

SUPPORT

FATS + VEG

- 1 A thumb-plus of fats
- 2 Veg for health & digestion
- 3 Calorie-dense if appetite is low

THE ONE RULE

Small surplus · high protein · carbs around training. Gain about half a percent of
bodyweight a week and train hard — that's a lean build.



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SETTING THE SURPLUS

Set it small, set it once, and let the scale's weekly trend tune it. Three steps:

STEP	WHAT TO DO
1 · Maintenance	Bodyweight (kg) × 32 ≈ daily calories to hold weight. Or track your normal intake for 1–2 stable weeks for your true number.
2 · The surplus	Add 200–400 kcal. Start small — a gentle surplus builds nearly as fast with far less fat than a big one.
3 · The check	Weigh daily, judge the weekly average. Gaining >0.5%/wk → ease back. Flat for 2–3 weeks → add ~150 kcal of carbs.

ROUGHLY, BY BODYWEIGHT

BODYWEIGHT	~ MAINTENANCE (×32)	GAIN TARGET (+300)
60 kg	~1,920 kcal	~2,220 kcal
75 kg	~2,400 kcal	~2,700 kcal
90 kg	~2,880 kcal	~3,180 kcal

HOW LONG

Build for **3–6 months**, then hold or run a short mini-cut if fat creeps up (see page 10). A long, patient gain beats a fast one you'll regret.



05

THE GAINING PLATE

In a gain the plate grows — protein stays the anchor, carbs do most of the building, fats and veg support. Bigger portions of the same Indian food, tilted toward fuel.

PROTEIN

1.6–2.2 g/kg

A palm-plus every meal — eggs, paneer, soya, chicken, fish, dal, whey. The material that becomes muscle.

CARBS

The builder's ally

Rice, roti, oats, potato, fruit. The surplus mostly lives here — load up around training.

VEGETABLES

A fist or two

Fewer than a cut (they're filling, and you need room for fuel) but never zero — health and digestion.

FATS

A thumb-plus

Ghee, oil, nuts, peanut butter. Calorie-dense — useful when appetite is the limiter.

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CALORIE-DENSE INDIAN FOODS

When you struggle to eat enough, lean on energy-dense staples: **whole milk, banana, peanut butter, ghee, nuts & seeds, paneer, dates, dal-rice with ghee, mango, a mass of curd with honey.** A glass of milk with peanut butter and a banana adds 400+ easy calories without filling you like a meal.



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EATING ENOUGH

For many, the surplus is the hard part — appetite, not willpower, is the limiter. A few tactics for the smaller appetite:

DRINK YOUR CALORIES

Milk, a homemade gainer shake (milk + whey + banana + peanut butter + oats), lassi. Liquids fuel without the fullness of solid food.

ADD A MEAL

A fourth or fifth small meal is easier than three huge ones. A shake or a paneer roll between meals closes the gap painlessly.

ADD DENSITY, NOT VOLUME

A spoon of ghee in the dal, peanut butter on the toast, nuts in the curd — calories climb while plate size barely does.

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A DAY ON THE PLATE

MEAL	WHAT (≈ 75 KG, ~2,700 KCAL, ~150 G PROTEIN)
Breakfast	4 eggs or paneer paratha · oats with milk & banana · a fruit
Lunch	Palm-plus of chicken / dal + curd · 2 cups rice or 3 roti with ghee · sabzi
Around training	Gainer shake — milk + whey + banana + peanut butter
Dinner	Palm-plus of paneer / fish / soya · rice or roti · sabzi · curd



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GAINING LEAN & WHEN TO STOP

The whole art of a good gain is staying mostly muscle. That means watching the rate, reading the signs, and knowing when to pause.

WATCH THE RATE

~0.25–0.5% of bodyweight a week. If the scale climbs faster than that across a fortnight, ease the surplus — the excess is going to fat, not muscle.

READ THE SIGNS

Strength rising, pumps full, waist roughly steady — a lean gain. Waist climbing fast, sluggish, soft — you're gaining too quick. Pull back.

WHEN TO STOP

If body fat drifts higher than you like, hold at maintenance or run a 4–6 week **mini-cut** (see Fat-Loss Architecture), then resume gaining leaner.

THE LONG GAME

Muscle is built over years, not weeks. A patient, lean gain you can run for months beats a fast bulk that leaves you spending the next season dieting it off. **Slow is the shortcut.**



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THE BUILD TRACKER

Print this. Track the weekly average weight, your waist, and whether your key lifts are climbing — the three signs of a lean, working gain.

WEEK	AVG WEIGHT	WAIST	LIFTS UP? · NOTES
01			
02			
03			
04			
05			
06			
07			
08			

MY NUMBERS — MAINTENANCE / SURPLUS /
PROTEIN

MY CALORIE-DENSE GO-TOS



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QUESTIONS, ANSWERED

WON'T A SURPLUS JUST MAKE ME FAT?

Not if it's small and you train hard. A gentle surplus plus real lifting builds mostly muscle. The fat problem comes from big, lazy bulks.

I CAN'T EAT ENOUGH — WHAT DO I DO?

Drink calories (milk, gainer shakes), add a meal, and add density (ghee, nuts, peanut butter). Liquids and dense foods beat force-feeding plates.

DO I NEED A MASS GAINER?

No — a homemade shake of milk, whey, banana, oats and peanut butter is cheaper, cleaner, and just as effective.

HOW MUCH PROTEIN, REALLY?

1.6–2.2 g per kg is plenty. More isn't better — extra protein just becomes fuel. Hit the range and spend the rest of the surplus on carbs.

SHOULD I BULK THEN CUT?

A lean gain then a short cut works well. Keep gains slow and you'll spend far less time cutting — sometimes none.

MY WEIGHT ISN'T MOVING.

You're not in a surplus. Add ~150 kcal of carbs or a shake, hold two weeks, and reassess by the weekly average.

CAN VEGETARIANS GAIN WELL?

Absolutely. Milk, paneer, soya, dal, curd and whey cover protein; rice, roti, oats and fruit cover the surplus. Soya and paneer are key.

WHAT ABOUT TRAINING?

Essential — food alone is fat. Pair this with **Hypertrophy Method**, and fuel sessions with **Performance Fueling**.



FEED THE WORK. BUILD SLOWLY.

Muscle is the slowest honest thing the body does. Give it a little more food than it burns, plenty of protein, and hard training to demand it — then let the months do what no shortcut can.

THE FOUNDATION

THE INDIAN PLATE

The base plate every goal sits on.

AROUND TRAINING

PERFORMANCE FUELING

What to eat to train your hardest.

EVERY MORNING

THE EDGE

One letter before noon.

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