

1. Daily Protein Requirement

For muscle gain and hair health:

- Body weight = **70 kg**
- Protein required = **1.3–1.6 g/kg**

Target: 95–110 g protein/day

Hair is made mostly of keratin (protein), so if you don't eat enough protein, hair growth slows.

2. Cheap Foods That Give Best Results

Food	Benefit
Eggs	Protein + Biotin
Milk	Protein + Calcium
Soya chunks	Cheapest high protein
Sprouts	Protein + Zinc
Green gram	Protein
Horse gram (Kollu)	Protein + Iron
Black channa	Zinc
Dal	Protein
Groundnuts	Healthy fats
Banana	Potassium
Sweet potato	Vitamin A
Keerai	Iron
Drumstick leaves (Murungai keerai)	Iron + Calcium
Sesame seeds (Ellu)	Calcium
Pumpkin seeds	Zinc (Hair + Testosterone)
Flax seeds	Omega 3
Sunflower seeds	Vitamin E
Curry leaves	Hair pigment
Amla	Vitamin C
Sardines (Mathi fish) once/week if possible	Omega 3 + Vitamin D

3. Morning Juice

Your recipe is actually very good.

- 2 amla
- 20 curry leaves
- 3 small onions
- Beetroot
- Carrot
- Garlic
- Ginger
- Brown sugar (very little)

☒ Drink 3-4 times/week instead of every day.

Don't filter if you can drink it with the fiber.

4. Hair Oil

homemade oil ingredients are excellent.

Contains

- Coconut oil
- Castor oil
- Rosemary
- Hibiscus
- Aloe vera
- Curry leaves
- Fenugreek
- Black cumin
- Neem
- Onion
- Vetiver

Good.

Apply

- Tuesday
- Thursday
- Saturday

Massage 5 minutes.

Leave overnight.

Wash next morning.

Do **not** apply daily.

5. Hair Wash

3 times/week

Use a mild shampoo.

Don't use hot water.

Dry naturally.

Don't rub with towel.

6. Full Day Food Plan

Morning (6:30)

Juice (optional days)

Breakfast (7:00)

60 g oats in milk

3 boiled eggs

1 banana

Protein:
≈35 g

Lunch (1 PM)

Rice

Dal

Vegetables

Keerai

100 g cooked sprouts

Protein:

≈25 g

Evening Snack (Carry to Office)

Roasted peanuts

OR

Boiled channa

OR

Sprouts

Banana

Dinner (9 PM)

Rice

Soya chunks (60–70 g dry weight)

Vegetables

Curd (if affordable)

Protein:

≈40 g

Before sleep

1 glass milk

Total Protein

Breakfast

35 g

Lunch

25 g

Snack

10 g

Dinner

35 g

Milk

8 g

Total

≈105 g/day

Perfect.

7. Weekly Seeds Mix

Mix and store.

- Pumpkin seeds
- Flax seeds
- Sunflower seeds
- Sesame seeds

Take

1 tablespoon daily.

Great for

- Hair
- Testosterone
- Sperm health
- Skin

8. Foods for High Sperm Count

Eat regularly

- ☒ Eggs
- ☒ Pumpkin seeds
- ☒ Garlic
- ☒ Banana
- ☒ Zinc-rich sprouts
- ☒ Peanuts
- ☒ Milk
- ☒ Amla
- ☒ Soya (moderate intake is fine)

Sleep well.

Avoid smoking if you smoke, as it significantly reduces sperm quality and hair health.

9. Bone Strength

Daily

Milk

Sesame seeds

Keerai

Morning sunlight (15–20 minutes)

Cricket every Sunday is good.

10. Morning Workout (45–60 min)

Monday – Push

Push-ups – 4×12

Dumbbell Bench Press (floor) – 4×12

Shoulder Press – 4×10

Lateral Raise – 3×15

Overhead Triceps Extension – 3×12

Plank – 3×45 sec

Tuesday – Pull

One-arm Dumbbell Row – 4×12

Reverse Fly – 3×15

Hammer Curl – 3×12

Bicep Curl – 3×12

Shrugs – 4×15

Leg Raise – 3×15

Wednesday – Legs

Goblet Squat – 4×15

Romanian Deadlift – 4×12

Walking Lunges – 3×12

Calf Raises – 5×20

Wall Sit – 3×45 sec

Thursday

Repeat Push

Friday

Repeat Pull

Saturday

Repeat Legs

Finish with

Burpees × 15

Mountain Climbers × 30

Jump Rope (or jogging in place) × 5 minutes

Sunday

 Cricket (4 hours)

No workout needed.

11. Water

Drink

3–3.5 L/day

Hair health depends a lot on hydration.

12. Sleep

Aim for **7–8 hours** every night. Hair growth, muscle recovery, testosterone production, and sperm production all benefit from consistent sleep.

13. Monthly Budget (Approx.)

Item	Cost
Eggs (90)	₹540
Milk (½ L/day)	₹750
Oats (1 kg)	₹180
Soya chunks (1 kg)	₹180
Peanuts (1 kg)	₹120
Sprouts (mixed)	₹250–300
Bananas	₹150–200
Seeds (small packs mixed)	₹250–350

You don't need to buy everything every month. Rotate items like seeds, peanuts, sprouts, and soya to stay within your ₹1,500–2,000 budget.