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The science of physique

V Anand | TNN

Mumbai: Forty eggs, two kg chicken, one kg apple, one litre milk, half kg dryfruits... No, we are not talking about the weekly requirements of a joint family. We are talking about what **Prashant Salunkhe** consumes every day to maintain his wonderful physique.

The 'Mr Mumbai' and 'Mr Maharashtra' hopes to win the 'Mr India' title soon. Next? 'Mr Universe' of course.

Prashant's daily diet expenses varies between Rs 1200 to Rs 1500. This, when world over people are tightening their belts due to the global economic gloom. He heads to Kolkata next for April's Nationals to add one more feather in his cap.

Not that his daily intake is the only stat that will make your jaws drop. Read on...

The sodium level in his body is zero, for he doesn't take salt in his meals, he doesn't remember when was the last time he had chapati or rice, when he last watched a movie. And yes, he also can't recall when he last took a break from pumping iron!

"The motivation that you need to become a top-level bodybuilder is mind-numbing.



Sometimes the body tells you enough, but the mind takes over and prevents you from having normal food," says Prashant. "The craving for rice is so high that if I

have it, it will immediately show on my physique," he adds.

He has a body fat of 5%, has 300 grams of protein, and 400 grams of carbohydrates daily. There are other pressures too. "I am at an age when I should be earning for my family and making my farmer parents rely on me for finance, but every month I end up asking my mother for money," reveals Prashant, who hails from Satara.

He currently works as an instructor at Gold Gym's Santacruz branch, "but what I earn doesn't even last till mid-month." Quite understandable, considering his diet.

He has now rested his hopes on the Senior Nationals in Kolkata. A win there will help him in his attempt for the Mr World title. That's his ultimate aim.