

HealthaFit

Diet Plan for Normal Weight:-

Sunday	
Breakfast (8:00-8:30AM)	2 egg brown bread sandwich + green chutney + 1 cup <u>milk</u> + 3 <u>cashews</u> + 4 <u>almonds</u> + 2 walnuts
Mid-Meal (11:00-11:30AM)	1 cup banana shake
Lunch (2:00-2:30PM)	1 cup arhar dal + 1 cup potato curry + 3 chapatti + 1/2 cup rice + 1/2 cup low fat curd + salad
Evening (4:00-4:30PM)	1 cup strawberry smoothie + 1 cup vegetable poha
Dinner (8:00-8:30PM)	1.5 cup chicken curry + 3 chapatti + salad
Monday	
Breakfast (8:00-8:30AM)	3 onion stuffed parantha + 1 cup curd + 3 cashews + 4 almonds + 2 walnuts
Mid-Meal (11:00-11:30AM)	1 cup mango shake
Lunch (2:00-2:30PM)	1 cup moong dal/ chicken curry + 1 cup potato and cauliflower vegetable + 3 chapatti + 1/2 cup rice + salad
Evening (4:00-4:30PM)	1 cup pomegranate juice + 2 butter toasted bread

Dinner (8:00-8:30PM)	1 cup beans potato vegetable + 3 chapatti + salad
Tuesday	
Breakfast (8:00-8:30AM)	3 paneer stuffed besan cheela + green chutney + 1 cup curd + 3 cashews + 4 almonds + 2 walnuts
Mid-Meal (11:00-11:30AM)	1 apple smoothie with maple syrup
Lunch (2:00-2:30PM)	1 cup masoor dal + 1 cup calocasia + 3 chapatti + 1/2 cup rice + 1 cup low curd + salad
Evening (4:00-4:30PM)	1 cup tomato soup with bread crumbs + 1 cup aloo chaat
Dinner (8:00-8:30PM)	1 cup carrot peas vegetable +3 chapatti + salad
Wednesday	
Breakfast (8:00-8:30AM)	1.5 cup vegetable bread upma + 1 cup milk + 3 cashews + 4 almonds + 2 walnuts
Mid-Meal (11:00-11:30AM)	1 cup ripe banana with 2 tsp ghee
Lunch (2:00-2:30PM)	1 cup rajma curry + 1 cup spinach potato + 3 chapatti + 1/2 cup rice + salad
Evening (4:00-4:30PM)	1 cup vegetable juice + 1 cup upma
Dinner (8:00-8:30PM)	1.5 cup parwal vegetable + 3 chapatti + salad

Thursday	
Breakfast (8:00-8:30AM)	2 cucumber potato sandwich + 1 tsp green chutney + 1 orange juice + 3 cashews + 2 walnuts + 4 almonds
Mid-Meal (11:00-11:30AM)	1 cup buttermilk + 1 cup sweet potato chaat
Lunch (2:00-2:30PM)	1 cup white chana/ fish curry + 3 chapatti + 1/2 cup rice + salad
Evening (4:00-4:30PM)	1 cup almond milk + banana
Dinner (8:00-8:30PM)	1 cup cauliflower potato vegetable + 3 chapatti + salad
Friday	
Breakfast (8:00-8:30AM)	2 cup vegetable poha + 1 cup curd + 3 cashews + 4 almonds + 2 walnuts
Mid-Meal (11:00-11:30AM)	2 cups watermelon juice
Lunch (2:00-2:30PM)	1 cup chana dal + 1 cup bhindi vegetable + 3 chapatti + 1/2 cup rice + salad
Evening (4:00-4:30PM)	1 cup sprouts salad + 2 potato cheela + green chutney
Dinner (8:00-8:30PM)	1 cup peas mushroom vegetable + 3 chapatti + salad
Saturday	

Breakfast (8:00-8:30AM)	3 vegetable suji cheela + 1 cup strawberry shake + 4 cashews + 4 almonds + 3 walnuts
Mid-Meal (11:00-11:30AM)	1 cup coconut water + 1 cup pomegrate
Lunch (2:00-2:30PM)	1 cup mix dal + 1 cup soybean curry + 3 chapatti + 1/2 cup curd + salad
Evening (4:00-4:30PM)	1 cup fruit salad + 4 pc vegetable cutlets + green chutney
Dinner (8:00-8:30PM)	1 cup karela vegetable + 3 chaptti + salad

Diet Chart For Weight Gain: Do's And Dont's in a Diet Plan

Do's

1. Eat more often
2. Drink milk
3. Try weight-gain shakes
4. Use bigger plates
5. Add cream to your coffee
6. Take creatine
7. Get quality sleep
8. Eat your protein first and vegetables last