

Food Diet Plan

Weight Loss Diet Plan

Breakfast: Oats with skim milk, 1 boiled egg, 1 fruit (apple/banana)

Mid-Morning: Green tea, 5 almonds

Lunch: Grilled chicken/fish, 1 bowl salad, 1 roti, dal

Evening Snack: Buttermilk or green tea, 1 fruit

Dinner: Vegetable soup, 1 multigrain roti, sautéed vegetables

Weight Gain Diet Plan

Breakfast: Whole eggs (3), whole wheat bread, peanut butter, milkshake

Mid-Morning: Banana with peanut butter or handful of mixed nuts

Lunch: Rice, dal, 2 rotis, paneer/chicken, curd

Evening Snack: Boiled eggs, protein bar or milkshake

Dinner: Rice, roti, mixed vegetables, paneer/chicken curry

Before Bed: Glass of milk with honey or dry fruits