**HealthaFit**

## Diet Plan for Normal Weight-:

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| **Sunday** | |
| Breakfast (8:00-8:30AM) | 2 egg brown bread sandwich + green chutney + 1 cup [milk](https://www.lybrate.com/topic/milk-dudh-benefits-and-side-effects) + 3 [cashews](https://www.lybrate.com/topic/benefits-of-cashews-and-its-side-effects) + 4 [almonds](https://www.lybrate.com/topic/benefits-of-almonds-and-its-side-effects) + 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 caulifllower 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 cucmber potato sandwich + 1 tsp green chutney + 1 orange juice + 3 cshews + 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](https://www.lybrate.com/topic/benefits-of-coffee-and-its-side-effects)
6. Take creatine
7. Get quality sleep
8. Eat your protein first and vegetables last