

Nutrition schedule for underweight people

Breakfast:	<ul style="list-style-type: none">• Protein-rich food: Eggs, Greek yogurt, or tofu scramble• Complex carbs: Whole grain toast or oatmeal• Healthy fats: Add nuts or seeds to your cereal or yogurt
Mid-Morning Snack:	<ul style="list-style-type: none">• Fruit or a handful of nuts• Whole grain crackers with cheese
Lunch:	<ul style="list-style-type: none">• Lean protein: Grilled chicken, fish, lentils, or beans• Complex carbs: Brown rice, quinoa, or sweet potatoes• Vegetables: A variety of colorful veggies for vitamins and minerals
Afternoon Snack:	<ul style="list-style-type: none">• Smoothie with protein powder, fruits, and Greek yogurt• Nut butter with whole grain bread or crackers
Dinner :	<ul style="list-style-type: none">• Protein: Similar options as lunch• Complex carbs: Whole grain pasta, couscous, or barley• Healthy fats: Cook vegetables with olive oil or add avocado to salads
Evening Snack :	<ul style="list-style-type: none">• Cottage cheese with fruit• Air-popped popcorn with a drizzle of olive oil