



Vegetarian diet plan for weight gain :

EARLY MORNING : Dalia 20-50 gms + Black (Sprouted) grams + Almonds (5 to 10 piece) + Half Glass of Skimmed Milk.

BREAKFAST : 1 Glass of Non Fat Milk + 1-2 Bananas / 2-3 Food Supplement (+ or) 1-2 slices Toast with White butter/vegetable, cheese, sandwich (+ or) 1-2 Parantha with white butter/curd prepared from (Non-Fat) milk or corn flakes.

LUNCH : Dal (or) sabzi (Boiled and prepared in refined oil or olive oil)(+) Green Salad(+) 1 Bowl of Curd/Raita (Non Fat Milk)2-3 Chapatis of 1 Plate Brown Rice.

EVENING : 1 Glass of Juice/Shake/Soup (+) 1-2 Bananas/1-2 Boiled Potatoes/25-50 grams if Raw Cheese with Salad.

DINNER : Same as Lunch + (Soyabean, Raw Cheese, Green Veg., Non Veg.), (Don't ad B-complex), After 15 to 30 Mins, Plain water as per capacity + 5 Mins Walking.