



Non-Vegetarian diet plan for weight gain :

Breakfast : 100ml to 250ml Skimmed milk, a small plate of Omelet or Fried eggs with Bread will give you approx. 400 calories and 12 grams of protein.

Mid-Day Meal : 5 to 6 Boiled Eggs with some Fruits or a glass of Juice will give you 450 calories and 15 grams of protein.

Lunch : 3-4 Chapattis with 1 Bowl of Chicken Curry, 1 Bowl of Vegetable Salad, a glass of Lassi/Buttermilk with some Green Grams.

Afternoon Snack : A Bowl of Oat-meal, Roasted Peanuts with some Dried-Fruits may give you 300 calories and 12 grams of protein.

Dinner : 1-2 Bowls of Rice with Regular Toor Dal, 1 Bowl Chicken/Fish with Red Steak, with your regular Dinner meal with some Sprouts will give you 750 calories and 25 grams of protein.