

WEIGHT GAIN DIET & WORKOUT PLAN (With Job Timing + Weekend Off)

Age: 24

Height: 5'6"

Weight: 50 kg

Goal: Healthy weight gain (6–8 kg in 2–3 months)

WEEKDAY PLAN (Monday–Friday)

Job Timing: 9:30 AM – 7:00 PM

7:00 AM – Wake Up

- Warm water
- 5–6 soaked almonds + 2 raisins

8:00 AM – Breakfast

- 2–3 paratha + butter + milk
- OR 3 boiled eggs + 2 bananas
- OR Poha + peanuts + milk

11:00 AM – Mid-Morning Snack (Office)

- Banana OR peanut chikki + tea
- OR fruit + peanuts

1:00 PM – Lunch

- 3–4 roti
- Rice
- Dal + sabzi
- Curd
- 1 spoon ghee

4:00 PM – Evening Snack (Office)

- Peanut butter sandwich

OR bread omelette

OR samosa / veg puff

7:00 PM – Work Ends

7:30 PM – Pre-Workout Snack

- 1 banana

- Optional: black coffee

8:00 PM – Gym (Strength Training)

- Bench press, squat, lat pulldown

- Barbell row, shoulder press

- Biceps + triceps

(3 sets × 10–12 reps)

9:00 PM – Post-Workout

- 1 scoop whey + milk

OR 2 bananas + milk

10:00 PM – Dinner

- 3–4 roti

- Paneer or chicken

- Dal + sabzi

11:00 PM – Before Sleep

- Milk or peanut butter

WEEKEND PLAN (Saturday & Sunday Off)

8:00 AM – Breakfast

- Paratha + butter + milk + 2 bananas

10:30 AM – Snack

- Dry fruits + banana shake

1:00 PM – Lunch

- 4 roti, rice, paneer/chicken
- Dal + ghee

3:30 PM – Pre-Workout Snack

- Peanut butter sandwich

4:00–5:00 PM – Gym (Best heavy workout)

5:30 PM – Post Workout

- Whey protein OR milk + banana

8:00 PM – Dinner

- Roti + paneer/chicken + dal

10:00 PM – Before Sleep

- Milk or peanut butter

IMPORTANT TIPS

- Daily 2300–2600 calories
- 2 bananas daily
- Heavy lifting for fast muscle gain
- 7–8 hours sleep
- Add ghee/butter for extra calories