

## WEIGHT GAIN DIET & WORKOUT PLAN (With Morning Gym Timing + Weekend Off)

Age: 24

Height: 5'6"

Weight: 50 kg

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

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### WEEKDAY PLAN (Monday–Friday)

Job Timing: 9:30 AM – 7:00 PM

Gym Time: 5:00 AM – 6:30 AM

4:30 AM – Wake Up

- 1 glass warm water
- 2 dates or banana (quick energy)

5:00 AM – 6:30 AM – GYM (Morning Strength Training)

- Bench press
- Squats
- Lat pulldown
- Shoulder press
- Barbell row
- Biceps + triceps

(3 sets × 10–12 reps, progressive overload)

6:30 AM – Post Workout

- Whey protein + milk

OR 2 bananas + milk

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

- Little 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

8:30 PM – Dinner

- 3–4 roti

- Paneer or chicken

- Dal + sabzi

10:00 PM – Before Sleep

- Milk or peanut butter

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**WEEKEND PLAN (Saturday & Sunday Off)**  
**(Morning Gym Best)**

**7:00 AM – Light Pre-Workout**

- Banana or dates

**7:30 AM – 9:00 AM – Gym**

**(Heavy workout for best muscle growth)**

**9:00 AM – Post Workout**

- Whey protein OR milk + banana

**10:00 AM – Breakfast**

- Paratha + butter + milk + 2 bananas

**1:00 PM – Lunch**

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

**4:00 PM – Snack**

- Peanut butter sandwich
- OR fruit + nuts

**8:00 PM – Dinner**

- Roti + paneer/chicken + dal

**10:00 PM – Before Sleep**

- Milk or peanut butter

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**IMPORTANT TIPS**

- Daily 2300–2600 calories
- 2–3 bananas daily

- Heavy lifting for fast muscle gain
- 7–8 hours sleep
- Add ghee/butter for extra calories
- Morning gym helps metabolism + muscle gain