

Meal plan for weight gain

MEAL/ TIME	MENU	QUANTITY	Kcal
Early morning	Almonds (soaked in water overnight with the peel)	10	80
Breakfast	Banana milkshake Vegetable daliya /Vegetable oats / Multigrain bread/ Wheat bran flakes Paneer/ Tofu/ Egg/ Chicken breast	1 glass 1 bowl/ 2 slices 30g/ 1/ 2	220 217-250 70 -80
Mid-morning	Fruit Lassi/ Coconut water/ Butter milk	1 whole fruit 1 glass	70-100 80/14/80
Lunch	Chapatti/ Rice Vegetables Dal/ Paneer/ Egg (if not included in breakfast) Curd	2-3/ 2 katori 1 katori 1 katori/ 1 1 katori	250/350 100-150 150-200 100
Evening	Banana shake Biscuit/ Roasted chana/ Bhelpuri/ Upma/ Grilled sandwich	1 glass 2/1 katori/ 1 bowl/1	220 150-250
Pre dinner	Vegetable soup/ Chicken soup	1 soup bowl	50
Dinner	Chapatti Vegetables Dal/ Non-veg (chicken/ egg/ fish) Curd/ Sweet dish	2-3 1 katori 1 katori 1 katori	250 100-150 150-200 100
Bedtime	Milk + pinch of haldi + 1tsp honey	1 cup	150