

3000 Calorie Indian Diet Plan for Weight Gain

Macronutrient distribution:

- **Total calories:** 3000 kals
- **Carbohydrates:** 60 – 65 % of total Kcals – 450 – 488 gms
- **Proteins:** 20 – 25 % of total Kcals – 150 gms – 188 gms
- **Fats:** 15- 20 % of total calories – 50 – 67 gms

7 Days 3000 calories Indian Weight Gain Diet

Day 1:

Menu	Amount	Ingredients
Early morning		
Soaked Nuts	25 gms	Almonds, walnuts, fig, apricot, dried date
Breakfast		
Avocado anjeer smoothie	1 cup	Milk
	1 tbsp	Skim milk powder
	½ no	Avocado
	2 no	Soaked dry fig
	1 tbsp	Soaked chia seeds + flaxseeds
Mid-morning		
Mashed Potato and paneer	1 cup	Boiled potato + Whole fat milk paneer
Lunch		
Exotic stir fry Salad with pumpkin seeds	1 cup	Zucchini + cherry tomatoes + bell peppers + Baby corn + broccoli
	1 tbsp	Pumpkin seeds
Methi thepla	4 no	Wheat flour + Methi leaves

Peas Pulao	1 cup	Rice + green peas
Green vegetable	1 ½ cup	Ladies finger
Dal fry	1 cup	Tur dal + chana dal

Mid Afternoon

Fruit	1 no	Banana
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Evening snack

Hummus	1 cup	Chickpea
Multigrain pita bread	2 no	Multigrain flour
Coffee	1 cup	Milk

Dinner

Chicken Biryani	2 cup	Brown rice + Vegetables
	100 gms	Chicken
Raita	1 cup	Curd + vegetables
Cream Tomato Soup	1 cup	Tomatoes + cream (1 tbsp)

Bedtime

Masala Milk	1 cup	Milk
	1 tbsp	Skim milk powder
	1 tbsp	Dry fruit masala
	1 tsp	Honey

Day 2:

Menu	Amount	Ingredients
Early morning		
Soaked Nuts	25 gms	Almonds, walnuts, fig, apricot, dried date
Breakfast		
Masala Dosa	2 no (7-inch radius)	Dosa
	1 cup	Potato filling
Sambar	1 cup	Tur dal + vegetables
Coconut chutney	¼ cup	Coconut
Filter coffee	1 cup	Milk + coffee powder
Mid-morning		
Fruit yogurt	1 cup	Curd
	½ cup	Mixed berries
	1 tbsp	Mixed seeds
Lunch		
Sprout Salad	1 cup	Sprouts + Vegetables
Whole Wheat Chapati	4 no	Bran fortified Wheat flour
Rice	1 cup	Rice
Green vegetable	1 cup	Tinda
Dal	1 cup	Masoor dal
Curd	1 cup	Whole fat milk curd

Mid Afternoon

Eggs	2 no	Boiled Egg
OR boiled channa	1 bowl	

Evening snack

Vegetable Poha	1 ½ cup	Rice flakes + vegetables
	½ cup	Curd
Tea	1 cup	Milk + Elaichi

Dinner

Vegetable Soup	1 cup	Mix veg
Bajra Roti	2 no	Bajra flour
Baingan Bharta	1 cup	Brinjal
Dal	1 cup	Moong dal
Lassi	1 cup	Whole fat milk curd



Bedtime

Almond turmeric milk	1 cup	Milk + Tumeric
	1 tbsp	Almond powder

Day 3:

Menu	Amount	Ingredients
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Early morning

Soaked Nuts	25 gms	Almonds, walnuts, fig, apricot, dried date
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Breakfast

Peanut butter sandwiches	4 slices	Multigrain bread slices
	4 tbsp	Unsweetened peanut butter
Cappuccino	1 cup	Milk
	1 tsp	Coffee powder
	1 tbsp	Cream (Homemade)

Mid-morning

Sprout and chicken tikki	½ cup	Sprouts
	100 gm	Chicken
Green Chutney	2 tbsp	Coriander + mint leaves

Lunch

Green Salad	1 cup	Cucumber + lettuce+ tomatoes + onions
Whole Wheat Chapati	4 no	Bran fortified Wheat flour
Khichdi	1 cup	Rice + dal
Green vegetable	1 cup	Tinda
Marwadi Kadhi	1 cup	Curd + chana flour
Curd	1 cup	Whole fat milk curd

Mid Afternoon

Fruit	3 – 4 no	Medium size plums
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Evening snack

Moongdal chilla pizza (small	3 – 4 no	Moong dal
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size)

	1 cup	Vegetables + grated cheese (3 – 4 tbsp)
Orange Juice	1 cup	Orange (no sugar, unstrained)

Dinner

Mix Vegetable Salad	1 cup	Capsicum + onion + tomatoes + carrots
Aaloo Paratha (medium)	2 no	Whole wheat flour + boiled potatoes
Curd	1 cup	Whole fat milk
Rajma	1 cup	Boiled Rajma

Bedtime

Cinnamon honey hot chocolate	1 cup	Milk + cocoa powder +cinnamon powder
	1 tbsp	Honey

Day 4:

Menu

Amount

Ingredients

Early morning

Soaked Nuts	25 gms	Almonds, walnuts, fig, apricot, dried date
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Breakfast

Sago khichdi	2 cups	Sago + Potato
Piyush	1 cup	Milk + curd + nuts + cardamom + saffron + honey or jaggery powder

Mid-morning

Fish fritters	2 medium-size	Fish
Mint yogurt dip	1 cup	Curd + mint

Lunch

Onion Raita	1 cup	Curd + Onion
Nachni Roti	2 no	Nachni + wheat flour
Jeera rice	1 cup	Rice
Green vegetable	1 cup	Ladies finger
Dal Tadka	1 cup	Tur dal
Masala Chaas	1 cup	Whole fat milk curd

Mid Afternoon

Fruit	1 no	Banana (Big)
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Evening snack

Vegetable Upma	2 cups	Rawa + Vegetables
Tea	1 cup	Milk + Tea Masala

Dinner

Exotic Vegetable Salad	1 cup	Bell peppers + onion + cherry tomatoes + zucchini + broccoli + pumpkin seeds
Pesto Pasta	2 cups	Whole wheat pasta + Vegetables
	½ cup	Pesto sauce

Multigrain cheese garlic bread	3 – 4 no	Whole wheat bread slices + cheese + garlic
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Bedtime

Double strength elaichi milk	1 cup	Milk + elaichi powder
	1 tbsp	Skim milk Powder/ Protein powder

Day 5:

Menu	Amount	Ingredients
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Early morning

Soaked Nuts	25 gms	Almonds, walnuts, fig, apricot, dried date
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Breakfast

Oats Porridge	1 ½ cup	Milk
	1 tbsp	Skim milk powder
	2 tbsp	Rolled oats
	15 gms	Nuts powder
	1 tbsp	Soaked chia seeds
	½ cup	Chopped banana

Mid-morning

Cucumber sticks	1 cup	Cucumber
Jalapeno yogurt dip	½ cup	Curd + Chopped Jalapeno

Lunch

Green Salad	1 cup	Broccoli + tomatoes + Capsicum + Beet root + carrot + cucumber
	1 tbsp	Pumpkin seeds + sunflower seeds
Missi Roti	4 no	Wheat flour + Methi + mint + coriander leaves

Tawa rice	1 cup	Rice + Vegetables
Potato vegetable	1 ½ cup	Potatoes + tomato
Dal fry	1 cup	Tur dal + chana dal

Mid Afternoon

Fruit	1 no	Pear
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Evening snack

Paneer vegetable Franky	1 no	Wheat flour + vegetables
	½ cup	Paneer
Coffee	1 cup	Milk

Dinner

Neer Dosa	3 – 4 no	Rice flour
Vegetable Korma	1 ½ cup	Mix vegetable + potato
Onion Tomato Chutney	½ cup	Onion + Tomato
Salted Lassi	1 cup	Whole fat milk curd

Bedtime

Dates Milk	1 cup	Milk
	1 tbsp	Skim milk powder
	2 – 3 no	Soaked dates

Day 6:

Menu	Amount	Ingredients
Early morning		
Soaked Nuts	25 gms	Almonds, walnuts, fig, apricot, dried date
Breakfast		
Paneer Club Sandwich	1 no	Multigrain bread + Vegetables + Paneer
Green chutney	¼ cup	Coriander + mint leaves
Avocado shake	1 cup	Milk + Avocado
Mid-morning		
Granola and seeds yogurt	1 cup	Curd
	½ cup	Granola (Multigrain)
	1 tbsp	Mixed seeds
	1 tbsp	Honey
Lunch		
Deviled Eggs	1 cup	Potato filling
	2 no	Boiled eggs
Whole Wheat Chapati	4 no	Bran fortified Wheat flour
Rice	1 cup	Rice
Green vegetable	1 cup	Karela
Dal	1 cup	Masoor dal
Buttermilk	½ cup	Whole fat milk curd

Mid Afternoon

Green Salad	1 cup	Cucumber + onion + tomato + beetroot
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Evening snack

Paneer tikka	1 cup	Paneer + Capsicum
	½ cup	Curd
Coffee	1 cup	Milk + Coffee powder

Dinner

Spinach Soup	1 cup	Spinach + onion
Jowar Roti	2 no	Jowar flour
Pitla (besan cooked in buttermilk)	1 cup	Chana flour + onion + tomato + curd
Misal	1 cup	Moth beans
Sol kadhi	1 cup	Coconut milk + kokam

Bedtime

Almond saffron milk	1 cup	Milk + saffron strands
	1 + 1 tbsp	Skim Milk powder + Almond powder

Day 7:

Menu	Amount	Ingredients
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Early morning

Soaked Nuts	25 gms	Almonds, walnuts, fig, apricot, dried date
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Breakfast

Nachni satva	1 ½ cup	Milk
	2 tbsp	Nachni flour
	2 + 2 no	Dates + Figs
	1 tbsp	Skim Milk Powder
	1 tbsp	Almond powder

Mid-morning

Grilled Chicken / paneer	100 gms	Chicken /paneer
	100 gm	Bell peppers
Green Chutney	2 tbsp	Coriander + mint leaves

Lunch

Apple Vegetable Salad	1 cup	Cucumber + apples + tomatoes + onions
Whole Wheat Paratha	3 no	Bran fortified Wheat flour
Coriander rice	1 cup	Rice +Coriander leaves + vegetables
Vegetable jalfrezi	1 ½ cup	Mix vegetable
Dal	1 cup	Tur dal
Curd	1 cup	Whole fat milk curd

Mid Afternoon

Fruit	½ no	Dragon fruit
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Evening snack

Khaman Dhokla	10 -12 pcs	Chana flour
Green Chutney	2 tbsp	Mint + coriander + curry leaves
Masala milk	1 cup	Milk + Milk Masala
	1 tbsp	Skim Milk powder/ Protein Powder

Dinner

Mix Vegetable Salad	1 cup	Capsicum + onion + tomatoes + carrots
Paneer Paratha (medium)	2 no	Whole wheat flour + Paneer
Onion Raita Curd	1 cup	Whole fat milk
	½ cup	Onions
Rajma	1 cup	Boiled Rajma

Bedtime

Hot chocolate	1 cup	Milk + cocoa powder
	1 tbsp	Jaggery powder

Note:

- 1 cup = 200 ml
- You can use 40 gms paneer, 100 gms chicken/fish, 2 egg whites, 30 gms tofu, 150 gms curd, 150 ml milk interchangeably