

## Diet Chart for Underweight person

Sunday	
Breakfast (8:00-8:30AM)	2 egg brown bread sandwich + green chutney + 1 cup milk + 3 cashews + 4 almonds + 2 walnuts
Mid-Meal (11:00-11:30AM)	1 cup banana shake
Lunch (2:00-2:30PM)	1 cup arhar dal + 1 cup potato curry + 3 chapatti + 1/2 cup rice + 1/2 cup low fat curd + salad
Evening (4:00-4:30PM)	1 cup strawberry smoothie + 1 cup vegetable poha
Dinner (8:00-8:30PM)	1.5 cup chicken curry + 3 chapatti + salad
Monday	
Breakfast (8:00-8:30AM)	3 onion stuffed parantha + 1 cup curd + 3 cashews + 4 almonds + 2 walnuts
Mid-Meal (11:00-11:30AM)	1 cup mango shake
Lunch (2:00-2:30PM)	1 cup moong dal/ chicken curry + 1 cup potato and cauliflower vegetable + 3 chapatti + 1/2 cup rice + salad
Evening (4:00-4:30PM)	1 cup pomegranate juice + 2 butter toasted bread
Dinner (8:00-8:30PM)	1 cup beans potato vegetable + 3 chapatti + salad
Tuesday	
Breakfast (8:00-8:30AM)	3 paneer stuffed besan cheela + green chutney + 1 cup curd + 3 cashews + 4 almonds + 2 walnuts

Mid-Meal (11:00-11:30AM)	1 apple smoothie with maple syrup
Lunch (2:00-2:30PM)	1 cup masoor dal + 1 cup calocasia + 3 chapatti + 1/2 cup rice + 1 cup low curd + salad
Evening (4:00-4:30PM)	1 cup tomato soup with bread crumbs + 1 cup aloo chaat
Dinner (8:00-8:30PM)	1 cup carrot peas vegetable +3 chapatti + salad
<b>Wednesday</b>	
Breakfast (8:00-8:30AM)	1.5 cup vegetable bread upma + 1 cup milk + 3 cashews + 4 almonds + 2 walnuts
Mid-Meal (11:00-11:30AM)	1 cup ripe banana with 2 tsp ghee
Lunch (2:00-2:30PM)	1 cup rajma curry + 1 cup spinach potato + 3 chapatti + 1/2 cup rice + salad
Evening (4:00-4:30PM)	1 cup vegetable juice + 1 cup upma
Dinner (8:00-8:30PM)	1.5 cup parwal vegetable + 3 chapatti + salad
<b>Thursday</b>	
Breakfast (8:00-8:30AM)	2 cucumber potato sandwich + 1 tsp green chutney + 1 orange juice + 3 cashews + 2 walnuts + 4 almonds
Mid-Meal (11:00-11:30AM)	1 cup buttermilk + 1 cup sweet potato chaat
Lunch (2:00-2:30PM)	1 cup white chana/ fish curry + 3 chapatti + 1/2 cup rice + salad

Evening (4:00-4:30PM)	1 cup almond milk + banana
Dinner (8:00-8:30PM)	1 cup cauliflower potato vegetable + 3 chapatti + salad
<b>Friday</b>	
Breakfast (8:00-8:30AM)	2 cup vegetable poha + 1 cup curd + 3 cashews + 4 almonds + 2 walnuts
Mid-Meal (11:00-11:30AM)	2 cups watermelon juice
Lunch (2:00-2:30PM)	1 cup chana dal + 1 cup bhindi vegetable + 3 chapatti + 1/2 cup rice + salad
Evening (4:00-4:30PM)	1 cup sprouts salad + 2 potato cheela + green chutney
Dinner (8:00-8:30PM)	1 cup peas mushroom vegetable + 3 chapatti + salad
<b>Saturday</b>	
Breakfast (8:00-8:30AM)	3 vegetable suji cheela + 1 cup strawberry shake + 4 cashews + 4 almonds + 3 walnuts
Mid-Meal (11:00-11:30AM)	1 cup coconut water + 1 cup pomegrate
Lunch (2:00-2:30PM)	1 cup mix dal + 1 cup soybean curry + 3 chapatti + 1/2 cup curd + salad
Evening (4:00-4:30PM)	1 cup fruit salad + 4 pc vegetable cutlets + green chutney
Dinner (8:00-8:30PM)	1 cup karela vegetable + 3 chaptti + salad

## **Underweight Diet Restrictions: Food Items To Limit**

1. Whole Eggs. Once feared for being high in cholesterol, whole eggs have been making a comeback. ...
2. Leafy Greens.
3. Salmon.
4. Cruciferous Vegetables.
5. Lean Beef and Chicken Breast
6. Boiled Potatoes.
7. Tuna.
8. Beans and Legumes.

## **Do's And Dont's While Following Diet Plan for Underweight**

In Underweight condition, you can start making some simple changes in your lifestyles and food habits which are mentioned below, along with the diet plan mentioned above:

Do's:

1. Eat more often
2. Drink Milk
3. Try Weight gainer shakes
4. Use Bigger Plates
5. Add cream to your coffee
6. Take Creatine
7. Get Quality Sleep
8. Eat your protein first and vegetables last

Don'ts:

1. Drink water before meals
2. Smoke

## **Food Items You Can Easily Consume in Underweight Diet Plan**

1. Lean Red Meat: Steak contains a ton of protein and iron. Red meat is high in cholesterol, so most food professionals don't recommend it as part of a healthy diet more than a few times per week.

2. **Real Nut Butters:** Natural peanut butter is packed with protein and fats, making it a great choice for people trying to gain weight the healthy way. One tablespoon contains around 100 calories and has 4 grams of protein.
3. **Whole Fat Milk:** Dietitians say that one simple substitution you can make when trying to gain weight is swapping your skim milk for whole milk. It's only 60 calories more a glass as the fat is left in.
4. **Tropical Fruit:** Fruits like mango, papaya, bananas, and pineapple are amazing choices according to food experts. They are full of natural sugars and can give you great energy.
5. **Avocado:** These delicious green vegetables are an excellent way to add heart-healthy fats to your diet. One half of an avocado contains 140 calories, but also contain high levels of potassium, folic acid, and vitamin E.
6. **Natural Granola:** Natural granola with no added refined sugar is a great cereal to enjoy if you are trying to gain weight. This tasty snack is made from rolled oats, sugar, and healthy fats (like nuts and coconut oil). More dried fruit and nuts can also be added.
7. **Whole Wheat Bread:** Nutritionists say that eating healthy bread products is a great way to start gaining weight. If you're adding bread to your diet, look for whole grains. **Nuts:** Nuts are a great snack for gaining weight. They are full of fat and nutrients, but also contain a great deal of fiber. Eating only a handful of nuts can keep you full for hours. Not all nuts are equal for fiber though.
8. **Cheese:** Try goat cheese with eggs, Swiss with roasted chicken, and Parmesan on top of asparagus. On its own, cheese also makes a great snack because it's high in protein.