

Your Diet Plan

Goal: Gaining 6 kg in 3 weeks (approximately 2 kg per week)

Dietary Guidelines:

Calorie Intake: Aim for 3,000-3,500 calories per day.

Meal Frequency: Eat 5-6 balanced meals throughout the day.

Protein: Consume 1.6-2.2 grams of protein per kilogram of body weight daily.

Carbohydrates: Choose complex carbohydrates such as whole grains, fruits, and vegetables.

Fats: Include healthy fats from sources like avocado, nuts, and olive oil.

Week 1 Meal Plan:

Breakfast:

- 2 scrambled eggs with 2 slices of whole-wheat toast
- 1 banana and a handful of berries
- 1 glass of milk

Mid-Morning Snack:

- 1 apple with 2 tablespoons of peanut butter
- 1 cup of yogurt

Lunch:

- Salad with grilled chicken, quinoa, vegetables, and 2 tablespoons of walnuts
- 1 cup of brown rice
- 1 glass of vegetable juice

Afternoon Snack:

- 1 protein bar
- 1 orange
- 1 cup of whey protein shake

Dinner:

- 4 ounces of roasted salmon with 1 cup of roasted vegetables
- 1 cup of mashed sweet potato
- 1 cup of vegetable soup

Evening Snack:

- 1 cup of oatmeal with 1 tablespoon of honey
- 2 slices of cantaloupe

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Week 2 Meal Plan:

Breakfast:

Oatmeal with 1 cup of berries, 1/4 cup of nuts, and 1/4 cup of milk
2 slices of whole-wheat toast
1 glass of orange juice

Mid-Morning Snack:

Trail mix with nuts, seeds, and dried fruit
1 banana

Lunch:

Turkey sandwich on whole-wheat bread with lettuce, tomato, and avocado
1 cup of lentil soup
1 cup of fruit salad

Afternoon Snack:

2 hard-boiled eggs
1 slice of whole-wheat toast
1 cup of Greek yogurt

Dinner:

Chicken stir-fry with brown rice
1 cup of steamed broccoli
1 glass of water

Evening Snack:

1 cup of cottage cheese
1 apple

Week 3 Meal Plan:

Breakfast:

3 scrambled eggs with 1 slice of whole-wheat toast
1 cup of grapes
1 glass of milk

Mid-Morning Snack:

1 cup of berries
1 cup of yogurt

Lunch:

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Salad with grilled steak, roasted vegetables, and 2 tablespoons of feta cheese
2 cups of quinoa
1 cup of vegetable soup

Afternoon Snack:

1 protein bar
1 banana
1 cup of whey protein shake

Dinner:

4 ounces of roasted chicken with 1 cup of roasted potatoes
1 cup of green beans
1 glass of water

Evening Snack:

1 cup of ice cream
2 slices of cantaloupe

Tips:

Drink plenty of water throughout the day.

Choose nutrient-rich foods over processed ones.

Be patient and consistent with your diet.

If you have any underlying health conditions, consult your doctor before making significant dietary changes.

