

Weight Gain Diet



1. Lukewarm water immediately after you wake up.

2. PREWORKOUT (Workout in Evening):

1 banana/ black coffee

3. POSTWORKOUT:

1 scoop whey with 1 scoop creatine if available.

2 cooked eggs with rice/ mashed panner with rice

4. MEAL 1:

Oats, 4 Egg Whites

Banana Shake (add almonds)

5. MEAL 2:

Any Fruit available.

6. MEAL 3:

Panner/Chicken with curd and 4 Chapatis (with ghee).

Dal (Boiled) and salad are advised.

7. MEAL 4:

Protein Shake if available,
Else Mango shake

8. MEAL 5:

Boiled Channa/Tofu with some veggies and 3 rotis

9. MEAL 6:

1 scoop whey in milk with a banana