

## Weight Gain Diet Plan(Veg)

### Monday

Timing	Meal
7:30 AM	Tea + 2 biscuit
9:00 AM	Veg Poha + 200ml non-fat milk
12:00 PM	Apple
2:30 PM	Ghiya + Chick Peas + Salad + Chapati + Curd
4:30 PM	Paneer
6:00 PM	Tea + 2 Marigold Biscuits
8:30 PM	Dal + Veg + 2 Chapati
10:00 PM	Milk

### Tuesday

Timing	Meal
7:30 AM	Tea + 2 biscuit
9:00 AM	Stuffed Paneer roti (2) + Curd
12:00 PM	Banana
2:30 PM	Brinjal + Daal + 2 Chapati
4:30 PM	Soya Milk
6:00 PM	Tea + 2 Marigold Biscuits
8:30 PM	Dal + Paneer Veg + 2 Chapati
10:00 PM	Milk

## Wednesday

Timing	Meal
7:30 AM	Tea + 2 biscuit
9:00 AM	Besan Chilla + Milk
12:00 PM	Sprouts Chaat
2:30 PM	Paneer sauteed with Carrot and Beans + 2 Chapati
4:30 PM	Paneer
6:00 PM	Tea + 2 Marigold Biscuits
8:30 PM	Dal + Veg + 2 Chapati
10:00 PM	Milk

## Thursday

Timing	Meal
7:30 AM	Tea + 2 biscuit
9:00 AM	Oats + 1 Apple with Skin
12:00 PM	Watermelon
2:30 PM	Tori + Dal + Rice
4:30 PM	Veg Sprouts
6:00 PM	Tea + 2 Marigold Biscuits
8:30 PM	Saute Veg + 2 Chapati
10:00 PM	Milk

## Friday

Timing	Meal
7:30 AM	Tea + 2 biscuit
9:00 AM	Stuffed Gobhi Roti (2) + Curd
12:00 PM	Banana
2:30 PM	Potato Parmal + Daal + 1 Chapati
4:30 PM	Soya Milk
6:00 PM	Tea + 2 Marigold Biscuits
8:30 PM	Saute Veg + 2 Chapati
10:00 PM	Milk

## Saturday

Timing	Meal
7:30 AM	Tea + 2 biscuit
9:00 AM	Soya Keema Sandwich
12:00 PM	Apple + Banana
2:30 PM	White Channa + Salad + Chapati + Curd
4:30 PM	Veg Sprouts
6:00 PM	Tea + 2 Marigold Biscuits
8:30 PM	Saute Veg + 2 Chapati
10:00 PM	Milk

# Sunday

Timing	Meal
7:30 AM	Tea + 2 biscuit
9:00 AM	Soya Upma/Veg Oats + Curd
12:00 PM	Cherries
2:30 PM	Mix Veg + Daal + 1 Chapati
4:30 PM	Paneer
6:00 PM	Tea + 2 Marigold Biscuits
8:30 PM	Daal + Soya Veg + 2 Chapati
10:00 PM	Milk