

## Indian diet plan for weight gain (3000 calories)

FOOD ITEM	AMOUNT	CALORIES	PROTEIN (GMS )
<b>Early Morning</b>			
Milk (Add 2 tbsp skimmed milk powder )	1 glass	250	8
+Egg whites or Banana	2 or 2	110 or 80	8 or 1
+ Soaked Almonds	10 gm (6-7 pcs)	50	3
<b>Breakfast</b>			
Vegetable stuffed paratha, Curd	2	350	6
	1 cup	100	6
Or Masala Dosa, Sambar, Chutney	2, 2 cups, 1 spoon	200+100+50	3 + 6
Or mung dal chilla (pancake ) with paneer stuffing	2	250	8
Or <u>Omlate</u> , Toasted bread	2 eggs 6 bread slices	160+300	8 +4
<b>Mid-morning</b>			
Groundnut chikki / Dry Fruit chikki	3-4 pcs	150	8
Roasted Soybean / Almonds	handful	150	7
Lassi	1 glass	150	6
<b>Lunch</b>			
Sprout salad	1 cup	100	6

Or chicken soup	1 bowl	100	6
Chapati	2 (medium with ghee)	200	3
Veg (potato/ cauliflower/ cabbage/ ladyfinger / bottle gourd/ ridge gourd/ brinjal etc)	2 cups	150	1
Dal / legumes (soybean / moth/ mung etc)	1 cup	150	5
Rice / biryani / pulav (veg / non veg)	1 cup	150	2
<b>Evening</b>			
Tea / Coffee	1 cup	100	1
Cookies	4	100	2
<b>Mid-evening</b>			
Groundnut chikki / DryFruit chikki	3-4 pcs	150	8
Roasted Soybean / Almonds	hand full	150	7
<b>Dinner same as lunch</b>		750	18
<b>Late night</b>			
Milk (Add 2 tbsp skimmed milk powder )	1 glass	250	8
Banana	2	80	1
+ Soaked Almonds	10 gm (6-7 pcs)	50	3
<b>TOTAL</b>	—	<b>3210</b>	<b>95</b>