

# Weight Gain Diet Plan

## Breakfast

Oats with milk, bananas, peanut butter toast, and boiled eggs.

## Lunch

Paneer curry, brown rice, mixed vegetables, and a glass of buttermilk.

## Snacks

Nuts, protein shake, banana or avocado smoothie.

## Dinner

Dal, chapati, ghee, sautéed vegetables, and curd.