

# Diet Plan for Healthy Weight Gain

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Goal: Healthy weight gain through increased calorie intake (~2700–2800 kcal/day), with a balanced focus on muscle gain and nutrition.

## General Guidelines

- Eat every 3–4 hours (5–6 meals/day)
- Include protein, carbs, and healthy fats in every meal
- Strength training 4–5 times/week
- Stay hydrated

## Daily Meal Plan

### Early Morning (7:00 AM)

- 1 banana
- 5 soaked almonds + 2 dates □ 1 glass full-fat milk

### Breakfast (8:30–9:00 AM)

- Option 1: 2 egg omelette with veggies + 2 whole wheat toast + 1 glass mango/milkshake
- Option 2: 2–3 paneer parathas with ghee + curd

### Mid-Morning Snack (11:00–11:30 AM)

- **Option 1:** Peanut butter sandwich + coconut water
- **Option 2:** Handful of peanuts + banana shake

### Lunch (1:30–2:00 PM)

- Option 1 – Chicken Meal:
  - - 1 cup white rice + 150g grilled/spicy chicken breast + 1 chapati with ghee
  - - Salad + curd + cooked vegetable
- Option 2 – **1 cup rice + 1–2 chapatis**
  - 1 cup dal/rajma/chole
  - 1 bowl vegetable curry (potato, paneer, etc.)

- Salad + 1 tsp ghee

### **Evening Snack (5:00–6:00 PM)**

- High-calorie smoothie (milk + banana + peanut butter + oats + honey)
- OR Chicken sandwich/boiled eggs + toast + 1 fruit

### **Dinner (8:00–8:30 PM)**

- Option 1 – Fish Meal:
- - 150g grilled/curried fish + 1–2 chapatis + cooked veggies + salad □ Option 2 – Chicken Meal:
- - 1 chapati + small bowl rice + chicken curry (150g) + veg + ghee + salad
- Option 3: Paneer Meal
- 150G Panner + 2 Chapati + cooked veggies + salad

### **Bedtime (10:00 PM)**

- 1 glass warm milk with honey/turmeric
- Optional: Handful of nuts