

# Vegetarian weight gain diet

*Warm water after wakeup*

09:00 AM

- soaked almonds , pista , dry grapes, walnuts

09:15 AM

- 1 glass of milk, samolina(rava) items (dosa,idli,halwa) etc

11:30 AM

- fruits. inc 1 (apple,muskmelon,papaya, banana)

01:00 PM

- indian bread (multigrain,if possible), all types(Veg)
- sabzi(gravy's with vegetables), 2 fresh salad items(inc carrots, cucumber, carrot) beet (if possible uncutted)), bowl of dal, butter milk

03:30 PM

- fruits. inc 1 (apple,muskmelon,papaya, banana)

05:30 PM

- 1 glass of milk

08:00-  
0900 PM

---

- indian bread (multigrain,if possible)
- all types(paneer preferred) of sabzi(gravy's with vegetables), 2 fresh salad items(inc carrots, cucumber, carrot, beet (if possible uncutted)), bowl of dal, butter milk

- ***!!eat boiled egg(without yolk), moong, sprouts, after workout!!***