# Vegan weight gain diet

# Warm water after wakeup

### 09:00 AM

• soaked almonds, pista, dry grapes, walnuts

## 09:15 AM

• 1 glass of soy 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) of sabzi(gravy's with vegetables), 2 fresh salad items(inc carrots, cucumber, carrot, beet (if possible uncutted)), bow of dal

#### 03:30 PM

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

#### 05:30 PM

• 1 glass of soy milk

# 08:00-0900 PM

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

!!eat raw tofu, seitan, moong, sprouts, after workout!!