

Weight Gain Diet Plan

This is a basic weight gain diet plan designed to help individuals increase muscle mass and body weight in a healthy and sustainable way.

Consult a nutritionist for personalized advice.

Meal	Time	Details
Breakfast	8:00 AM	Oats with milk, bananas, and almonds
Mid-Morning Snack	10:30 AM	Peanut butter sandwich + protein shake
Lunch	1:00 PM	Rice, dal, chicken curry/tofu, salad
Evening Snack	4:00 PM	Boiled eggs/paneer + fruit juice
Dinner	8:00 PM	Whole wheat roti, mixed veg curry, curd
Bedtime Snack	10:00 PM	Glass of milk with soaked almonds