

Breakfast:

1. Besan Chilla: Make a savory pancake using besan (chickpea flour) with finely chopped spinach, onions, and tomatoes. Season with spices like turmeric, cumin, and coriander. Serve with green chutney.

Mid-Morning Snack:

2. Fruit Salad: A bowl of mixed fruits like papaya, kiwi, and berries. You can sprinkle some chaat masala or black salt for flavor.

Lunch:

3. Dal (Lentils) with Brown Rice: Cook dal with spices and a tomato-based sauce. Pair it with brown rice for a balanced meal.

4. Mixed Vegetable Curry: Prepare a curry using various vegetables like carrots, peas, and bell peppers. Season with garam masala for flavor.

Afternoon Snack:

5. Greek Yogurt with Honey: A serving of Greek yogurt drizzled with honey and a handful of nuts (almonds or cashews)

Dinner:

6. Paneer (Cottage Cheese) Tikka: Marinate paneer cubes in yogurt and spices, then grill or bake until golden. Serve with a side of mint chutney

7. Quinoa Pulao: Cook quinoa with mixed vegetables and spices like cumin and cardamom for a flavorful pulao

Bedtime Snack (Optional):

8. Warm Milk: A glass of warm milk with a pinch of turmeric and a touch of honey can promote better sleep and provide extra calories.

General Tips:

1. Protein: Ensure that each meal includes a good source of protein, such as lentils, chickpeas, Greek yogurt, or paneer, to support muscle growth and weight gain.
2. Healthy Fats: Incorporate sources of healthy fats like avocados, nuts, seeds, and olive oil into your meals to increase calorie intake.
3. Fruits and Vegetables: Consume a variety of colorful fruits and vegetables daily to provide essential vitamins and minerals.
4. Whole Grains: Opt for whole grains like brown rice, quinoa, and whole wheat products instead of refined grains for added nutrients and fiber.
5. Hydration: Drink plenty of water throughout the day to stay hydrated. Herbal teas and fresh fruit juices are also good options.
6. Portion Control: Pay attention to portion sizes to avoid overeating and maintain healthy digestion. Eating smaller, frequent meals can be helpful.
7. Consult a Dietitian: If you have specific dietary requirements or medical conditions, consider consulting a registered dietitian for a personalized diet plan

