

Breakfast:

1. Poha: Make poha using flattened rice, and add finely chopped vegetables like peas, carrots, and bell peppers. Garnish with fresh coriander and a squeeze of lemon.

Mid-Morning Snack:

2. Mixed Nuts: A handful of mixed nuts, such as almonds, walnuts, and cashews, for healthy fats and protein.

Lunch:

3. Chapati or Brown Rice: Have chapati or brown rice with a dal (lentil) preparation for a good source of protein and fiber.

4. Spinach and Potato Curry: Cook spinach and potatoes in a flavorful tomatobased curry. Serve with yogurt and a side salad.

Afternoon Snack:

5. Fruit Yogurt: Mix chopped fruits like mango or banana into a bowl of yogurt for added flavor and nutrients.

Dinner:

6. Paneer (Cottage Cheese) Stir-fry: Sauté paneer cubes with a variety of colorful bell peppers, onions, and a touch of ginger and garlic. Serve with quinoa or whole wheat bread

General Tips: 1. Protein: Ensure that each meal contains a good source of protein, such as lentils, chickpeas, paneer, or yogurt, to support muscle health and weight gain.

2. Healthy Fats: Incorporate sources of healthy fats like avocados, nuts, seeds, and olive oil into your meals to boost calorie intake.

3. Fruits and Vegetables: Consume a variety of colorful fruits and vegetables to obtain essential vitamins and minerals.

4. Whole Grains: Opt for whole grains like brown rice, quinoa, and whole wheat products for added nutrients and fiber.

5. Hydration: Stay well-hydrated by drinking plenty of water, herbal teas, and fresh fruit juices throughout the day.

6. Portion Control: Pay attention to portion sizes to prevent overeating and support digestive health. Eating smaller, frequent meals may be beneficial.

7. Consult a Dietitian: If you have specific dietary requirements or underlying health conditions, consult a registered dietitian for a personalized diet plan