

Breakfast:

1. Multigrain Paratha: Make a paratha using a mix of whole-grain flours (wheat, ragi, and oats). Serve with yogurt and a side of mixed pickle or chutney.
2. Smoothie: Blend spinach, banana, almond milk, and a scoop of protein powder (plant-based) for added calories and protein.

Mid-Morning Snack:

3. Trail Mix: A mixture of almonds, cashews, raisins, and dried apricots. This provides healthy fats, protein, and energy.

Lunch:

4. Chickpea and Spinach Curry: Prepare a curry with chickpeas and spinach in a tomato-based sauce. Have it with brown rice or whole wheat roti.
5. Mixed Vegetable Salad: A side salad with cucumber, carrots, bell peppers, and a lemon-tahini dressing.

Afternoon Snack:

6. Hummus with Whole Wheat Pita Bread: Hummus is a good source of protein and healthy fats. Dip whole wheat pita bread or carrot and cucumber sticks in it.

Dinner:

7. Quinoa and Black Bean Bowl: Cook quinoa and black beans and top with sautéed vegetables (bell peppers, zucchini, onions). Season with spices like cumin and paprika.
8. Palak Paneer (Spinach and Cottage Cheese Curry): Prepare a nutritious spinach and paneer curry with minimal oil. Serve with whole wheat naan or brown rice.

Bedtime Snack (Optional):

9. Greek Yogurt with Berries: A small bowl of Greek yogurt with fresh berries and a drizzle of honey.

General Tips: 1. Protein: Include protein-rich foods like lentils, chickpeas, black beans, tofu, and yogurt in your meals to support muscle development and weight gain.

2. Healthy Fats: Incorporate sources of healthy fats such as avocados, nuts, seeds, and olive oil into your diet to increase calorie intake.

3. Fruits and Vegetables: Consume a variety of fruits and vegetables daily to ensure you get a wide range of vitamins and minerals.

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

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

6. Portion Control: Pay attention to portion sizes to prevent overeating and indigestion. Eating small, frequent meals can be beneficial.

7. Consult a Dietitian: If you have specific dietary requirements or medical conditions, consider consulting a registered dietitian for a personalized diet plan.

