

Breakfast:

1. Oatmeal: Cook 1/2 cup of rolled oats with water or milk. Top with sliced bananas, nuts (almonds or walnuts), and a drizzle of honey or maple syrup.
2. Greek Yogurt: Have a serving of Greek yogurt for added protein and probiotics. You can add some berries or a spoonful of flaxseeds

Mid-Morning Snack

3. Fruit Salad: A bowl of mixed fruits like apples, oranges, and pomegranates. Sprinkle some chaat masala for flavor

Lunch:

4. Chickpea Salad: A salad made with chickpeas, chopped vegetables (cucumber, bell peppers, tomatoes), and a lemon-tahini dressing. Serve it with whole-grain bread or roti.
5. Brown Rice: Include a portion of brown rice with some dal (lentils) and a side of steamed vegetables (broccoli, carrots, beans).

Afternoon Snack:

6. Nuts and Seeds: A small handful of mixed nuts and seeds like almonds, walnuts, and pumpkin seeds for healthy fats and protein.

Dinner:

7. Quinoa and Vegetable Stir-fry: Cook quinoa and stir-fry it with a variety of vegetables like bell peppers, zucchini, and mushrooms. Season with soy sauce or a similar sauce for flavor
8. Paneer (Cottage Cheese) Curry: Make a paneer curry using a tomato-based sauce with spices like turmeric, cumin, and coriander. Serve with roti or brown rice.

Bedtime Snack (Optional)::

9. Milk or Yogurt: A glass of warm milk or a small bowl of yogurt can be a good choice for a bedtime snack. You can sweeten it with a bit of honey

General Tips:

1. Protein: Ensure that each meal includes a source of protein, such as lentils, chickpeas, paneer, or yogurt. Protein is essential for muscle development and weight gain.
2. Healthy Fats: Include sources of healthy fats like nuts, seeds, avocado, and olive oil to increase calorie intake.
3. Fruits and Vegetables: Incorporate a variety of colorful fruits and vegetables into your meals to provide essential vitamins and minerals.
4. Whole Grains: Opt for whole grains like brown rice, quinoa, and whole wheat instead of refined grains for added nutrients and fiber.
5. Hydration: Drink plenty of water throughout the day to stay hydrated. You can also include herbal teas and fresh fruit juices.
6. Portion Control: Pay attention to portion sizes to avoid overeating. Eating small, frequent meals can be helpful for weight gain.

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