

Your BMI is below 18.5, the goal should be healthy weight gain through a balanced diet and strength-focused exercise. The Bangladeshi diet naturally includes nutrient-dense foods, making it easier to gain weight with the right approach.

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## Diet Plan for Healthy Weight Gain

### General Guidelines:

- Eat every **3–4 hours**.
  - Include **protein, healthy fats, and complex carbs** in each meal.
  - Increase **caloric intake** gradually (extra **500–700 kcal/day**).
  - Drink **milk, lassi, or fruit juices** instead of water during meals.
  - Use **ghee, butter, or mustard oil** for cooking in moderation.
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### Meal Plan Example:

#### Breakfast (8:00 AM - 9:00 AM)

- ✓ 2 eggs (omelet/boiled)
- ✓ 2 parathas (whole wheat) or 2 slices of bread with peanut butter
- ✓ 1 banana or mango
- ✓ 1 glass full-fat milk or lassi with honey

#### Mid-Morning Snack (11:00 AM)

- ✓ 1 handful of nuts (almonds, peanuts, cashews)
- ✓ 1 boiled potato with butter/ghee
- ✓ 1 glass of fresh fruit juice (mango, banana, papaya)

#### Lunch (2:00 PM)

- ✓ 1-1.5 cups of rice (preferably brown)
- ✓ 1 bowl of daal (lentil soup) with ghee
- ✓ 1 piece of chicken (curry or grilled) or 1 fish (ilish/rui)
- ✓ 1 plate of mixed vegetables (shak, gourd, pumpkin)
- ✓ 1 bowl of curd

#### Afternoon Snack (5:00 PM)

- ✓ 1 egg sandwich or homemade shingara/samosa
- ✓ 1 cup of milk tea with 2 biscuits

#### Dinner (9:00 PM)

- ✓ 1 cup of rice or 2 rotis
- ✓ 1 piece of beef/mutton/chicken (curry)
- ✓ 1 bowl of vegetables or shak
- ✓ 1 bowl of daal
- ✓ 1 glass of warm milk with honey

#### **Before Bed (11:00 PM)**

- ✓ 1 banana + handful of nuts
  - ✓ 1 boiled egg (optional)
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## **Exercise Routine (Strength & Muscle Gain Focused)**

- ♦ **Workout 4-5 days a week** (Rest days for recovery)
- ♦ **Focus on strength training** (to build muscle)
- ♦ **Avoid excessive cardio** (it burns too many calories)
- ♦ **Progressively increase weights** for better muscle growth

### **Workout Plan:**

#### **Day 1: Upper Body Strength (Chest, Shoulders, Triceps)**

- ✓ Push-ups – 3 sets of 10-15 reps
- ✓ Bench Press (or Dumbbell Press) – 3 sets of 8-12 reps
- ✓ Shoulder Press – 3 sets of 10 reps
- ✓ Triceps Dips – 3 sets of 10 reps

#### **Day 2: Lower Body (Legs, Glutes, Calves)**

- ✓ Squats – 3 sets of 12 reps
- ✓ Lunges – 3 sets of 10 reps (each leg)
- ✓ Calf Raises – 3 sets of 15 reps
- ✓ Deadlifts (if gym available) – 3 sets of 10 reps

#### **Day 3: Back & Biceps**

- ✓ Pull-ups or Assisted Pull-ups – 3 sets of 10 reps
- ✓ Bent-over Rows – 3 sets of 8-12 reps
- ✓ Bicep Curls – 3 sets of 10 reps
- ✓ Lat Pulldown – 3 sets of 12 reps

#### **Day 4: Core & Functional Strength**

- ✓ Plank – 3 sets of 30-60 seconds
- ✓ Hanging Leg Raises – 3 sets of 10 reps
- ✓ Bicycle Crunches – 3 sets of 15 reps
- ✓ Russian Twists – 3 sets of 20 reps

- ◆ **Bonus Tips:**

- ✓ Take **rest days (Day 5-6)** for recovery
  - ✓ Walk **8,000-10,000 steps daily**
  - ✓ Stay hydrated (**3-4L water per day**)
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## **Final Tips for Gaining Weight Naturally in Bangladesh**

- ◆ Eat **more frequently**, never skip meals
  - ◆ Add **healthy fats** (mustard oil, ghee, nuts)
  - ◆ Prioritize **protein intake** (eggs, fish, chicken, milk)
  - ◆ Avoid **junk food** (soft drinks, fried fast food)
  - ◆ Ensure **7-8 hours of sleep**
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