******* DIET PLAN ******
Weight GAIN
BREAKFAST
<ol> <li>Passion Fruit</li> <li>Protein Shake</li> <li>Oats</li> <li>Dry Fruits</li> </ol>
LUNCH
<ol> <li>Beans</li> <li>Pinto Beans</li> <li>Spinach</li> <li>Beets</li> <li>Wheats</li> <li>Falafel</li> </ol>
DINNER
<ol> <li>Rice</li> <li>Paneer</li> <li>Veggie Salad</li> <li>Probiotic Drinks</li> </ol>