

***** DIET PLAN *****

Weight GAIN

BREAKFAST

1. Passion Fruit
2. Protein Shake
3. Oats
4. Dry Fruits

LUNCH

1. Beans
2. Pinto Beans
3. Spinach
4. Beets
5. Wheats
6. Falafel

DINNER

1. Rice
 2. Paneer
 3. Veggie Salad
 4. Probiotic Drinks
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