

WEIGHT GAIN GENERAL DIET

EARLY MORNING: MILK + BANANA + 2 SPOONS B PROTEN – 1 GLASS

BREAKFAST: 1 CUP SPROUTS + 2 WHOLE EGGS + MIXED FRUIT SALAD + SANDWICH /ROTI WITH PURE GHEE

LATE MORNING: BEATEN RICE WITH MILK+ 1 BANANA.

LUNCH: RICE /ROTI + DAL+ Veg / Non veg+ salad

AFTERNOON: Yogurt + Orange + Grapes+ Dry Fruits (4 almonds + 4 Walnut + 2 dates)

DINNER: Roties / RICE + Non-Veg /Veg/Dal

BEFORE BED: 1 Cup Milk with 2 spoons B protein

Drink more water; do not skip your meals.

ENJOY, DESTRESS, BE REGULAR IN WORKOUT.

NOTE: if you have any specific health condition or under any medication, Pls consult your Personal Dietician & Doctor.

Also consult your doctor for Calcium, Multi vitamin. Keep monitoring your Blood Pressure, Sugar Level, Vitamin D (do complete health check-ups once in 2 years).

Kindly exercise only after Fitness test & follow prescribed exercise to avoid any injuries.