

# Weight Gain Diet plan

- **Morning Empty stomach:** 1 glass Luke warm water.
- **After half hour:** 7 soaked almond nuts
- **After workout meal:** Banana Shake (Avoid sugar, try honey). If shake is not possible, try half glass of milk with 4 to 5 dates. (After half an hour take breakfast)

- **Breakfast:**

- Option1 - 2 aalu parathe, and 250ml Milk
- Option 2 - 2 Boil eggs with yolk, 30 gram boiled kala chana
- Option 3 – 2 Brown Bread with 2 Omelette and Peanutbutter.

- **Mid Morning Meal:** Have your mid-morning meal after breakfast and before lunch.

Option 1- Any 150 gram Fruit

Option 2- 150 gram boiled potato,

Option 3- half cup boiled chana

Option 4- half cup raw peanuts

- **Lunch:**

- Option 1- 250 gram chicken, white rice, 1 Bowl vegetables, and 1 Plate Salad.
- Option 2- 2 chapatti, one bowl rice, one bowl daal or curry, and 1 Plate Salad 100 Gram Paneer.

- **Pre-workout meal:**

Option 1- one banana, peanut butter, 1 chapatti,

Option 2 – 200gram Curd and 1 Boiled Aalu(mix them and eat)

Workout after 1.5 Hour

- **Post workout meal:**

Option 1 - WHEY protein, and banana.

Option 2 - 5 Egg Whites And Banana.

- **Dinner:**

Option 1 - have some chapatti, one small bowl vegetables or Daal and 100 gram paneer, Salad.

Option 2- 150 gram chicken. 1 bowl Veg Sabzi or daal or Curry, Salad.

- **Post Dinner:** Take post dinner one hour before you go to bed. 1 glass Luke warm milk with turmeric powder, 8 to 10 almonds (if possible). You can also add dates.

Precautions

- Avoid Junk food
- Avoid oily and spicy food
- Keep distance from sugar
- Don't miss workout.
- Proper sleep is a must so take 7 to 8 hours sleep.