

Weight Gain Diet Plan

Name: Raj Pawar	Age: 24
Height: 5.6	Weight: 60 kg
Goal: Weight gain	Lifestyle: Sedentary

Breakfast:

2-3 whole eggs

2 slices of whole wheat bread

1 cup of milk with Jaggery

Mid-morning snack:

1 fruit

Handful of almonds or walnuts

Lunch:

2 chapati or 1 cup of brown rice

1 cup of mixed vegetables (broccoli, carrots, beans, etc.)

1 medium-sized chicken breast or fish fillet

1 cup of dal or lentil soup or salad

Mid-afternoon snack:

1 cup of yogurt

1 banana

Handful of cashew nuts

Dinner:

2 chapati or 1 cup of brown rice

1 cup of mixed vegetables (capsicum, beans, carrot, etc.)

1 medium-sized chicken breast or fish fillet

1 cup of dal or lentil soup

Before bedtime snack:

1 glass of milk