

## **Diet Chart for Weight Gain**

To gain weight healthily, it's essential to adopt a balanced lifestyle, including nutritious eating and exercise. While some turn to soda for weight gain, this approach can compromise overall health. Whether you're a slim man or a slender woman, the goal should be to build a well-proportioned mix of muscle and subcutaneous fat rather than unhealthy belly fat.

Maintaining a healthy diet and lifestyle is critical. Even while striving to gain weight, focus on consuming wholesome foods. For gradual weight gain, target 300-500 extra calories daily. If rapid gain is the aim, aim for 700-1000 calories above maintenance. While calorie calculators offer estimates, individual needs may vary.

For overall physical well-being, follow a daily comprehensive and healthy diet plan.

<b>Things to Avoid</b>	<b>Things to Addon</b>
<ul style="list-style-type: none"><li>● Dont Starve Youself</li><li>● Drink water before meals</li><li>● Smoke</li><li>● Junk food</li><li>● Fast food</li></ul>	<ul style="list-style-type: none"><li>● Eat more often</li><li>● Drink Milk</li><li>● Try weight-gain shakes</li><li>● Add cream to your coffee/tea</li><li>● Get quality sleep</li><li>● Eat your protein first and vegetables last</li></ul>

## Diet Plan for Weight Gain

### Sunday

**Breakfast  
(8:00-8:30 AM)** 2 egg brown bread sandwich + green chutney + 1 cup milk + 3 cashews + 4 almonds + 2 walnuts

**Mid-Meal  
(11:00-11:30AM)** 1 cup banana shake

**Lunch  
(2:00-2:30 PM)** 1 cup arhar dal + 1 cup potato curry + 3 chapatti + 1/2 cup rice + 1/2 cup low fat curd + salad

**Evening  
(4:00-4:30 PM)** 1 cup strawberry smoothie + 1 cup vegetable poha

**Dinner  
(8:00-8:30 PM)** 1.5 cup chicken curry + 3 chapatti + salad

### Monday

**Breakfast  
(8:00-8:30 AM)** 3 onion stuffed parantha + 1 cup curd + 3 cashews + 4 almonds + 2 walnuts

**Mid-Meal  
(11:00-11:30AM)** 1 cup mango shake

<b>Lunch (2:00-2:30 PM)</b>	1 cup moong dal/ chicken curry + 1 cup potato and cauliflower vegetable + 3 chapatti + 1/2 cup rice + salad
<b>Evening (4:00-4:30 PM)</b>	1 cup pomegranate juice + 2 butter toasted bread
<b>Dinner (8:00-8:30 PM)</b>	1 cup beans potato vegetable + 3 chapatti + salad
<b>Tuesday</b>	
<b>Breakfast (8:00-8:30 AM)</b>	3 paneer stuffed besan cheela + green chutney + 1 cup curd + 3 cashews + 4 almonds + 2 walnuts
<b>Mid-Meal (11:00-11: 30AM)</b>	1 apple smoothie with maple syrup
<b>Lunch (2:00-2:30 PM)</b>	1 cup masoor dal + 1 cup calocasia + 3 chapatti + 1/2 cup rice + 1 cup low curd + salad
<b>Evening (4:00-4:30 PM)</b>	1 cup tomato soup with bread crumbs + 1 cup aloo chaat
<b>Dinner (8:00-8:30 PM)</b>	1 cup carrot peas vegetable +3 chapatti + salad
<b>Wednesday</b>	

<b>Breakfast (8:00-8:30 AM)</b>	1.5 cup vegetable bread upma + 1 cup milk + 3 cashews + 4 almonds + 2 walnuts
<b>Mid-Meal (11:00-11:30AM)</b>	1 cup ripe banana with 2 tsp ghee
<b>Lunch (2:00-2:30 PM)</b>	1 cup rajma curry + 1 cup spinach potato + 3 chapatti + 1/2 cup rice + salad
<b>Evening (4:00-4:30 PM)</b>	1 cup vegetable juice + 1 cup upma
<b>Dinner (8:00-8:30 PM)</b>	1.5 cup parwal vegetable + 3 chapatti + salad

### Thursday

<b>Breakfast (8:00-8:30 AM)</b>	2 cucumber potato sandwich + 1 tsp green chutney + 1 orange juice + 3 cashews + 2 walnuts + 4 almonds
<b>Mid-Meal (11:00-11:30AM)</b>	1 cup buttermilk + 1 cup sweet potato chaat
<b>Lunch (2:00-2:30 PM)</b>	1 cup white chana/ fish curry + 3 chapatti + 1/2 cup rice + salad
<b>Evening (4:00-4:30 PM)</b>	1 cup almond milk + banana

**Dinner**  
**(8:00-8:30**  
**PM)**

1 cup cauliflower potato vegetable + 3 chapatti + salad

### Friday

**Breakfast**  
**(8:00-8:30**  
**AM)**

2 cup vegetable poha + 1 cup curd + 3 cashews + 4 almonds  
+ 2 walnuts

**Mid-Meal**  
**(11:00-11:**  
**30AM)**

2 cups watermelon juice

**Lunch**  
**(2:00-2:30**  
**PM)**

1 cup chana dal + 1 cup bhindi vegetable + 3 chapatti + 1/2  
cup rice + salad

**Evening**  
**(4:00-4:30**  
**PM)**

1 cup sprouts salad + 2 potato cheela + green chutney

**Dinner**  
**(8:00-8:30**  
**PM)**

1 cup peas mushroom vegetable + 3 chapatti + salad

### Saturday

**Breakfast**  
**(8:00-8:30**  
**AM)**

3 vegetable suji cheela + 1 cup strawberry shake + 4  
cashews + 4 almonds + 3 walnuts

**Mid-Meal**  
**(11:00-11:**  
**30AM)**

1 cup coconut water + 1 cup pomegrate

**Lunch**  
**(2:00-2:30**  
**PM)**

1 cup mix dal + 1 cup soybean curry + 3 chapatti + 1/2 cup curd + salad

**Evening**  
**(4:00-4:30**  
**PM)**

1 cup fruit salad + 4 pc vegetable cutlets + green chutney

**Dinner**  
**(8:00-8:30**  
**PM)**

1 cup karela vegetable + 3 chaptti + salad

## **WORKOUT**

- 10 min walk
- Anulom Vilom pranayama
- Leg raise
- Butterfly pose
- Bodyweight squats

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