

# DAILY PLAN

Time	Meal	Food Suggestions	Calories
8:00 AM	Morning Snack	5-6 almonds, 3-4 walnuts, 2 dates, 1 glass warm water	200 kcal
9:00 AM	Breakfast	100g paneer, 2 whole wheat parathas with butter, 1 glass banana shake	700 kcal
11:30 AM	Mid-Morning Snack	1 banana, 1 scoop whey protein with milk	400 kcal
1:30 PM	Lunch	2 cups rice, 1 cup dal, 150g soya chunks/tofu, 1 cup vegetables, 1 bowl curd	800 kcal
4:30 PM	Evening Snack	1 peanut butter sandwich + 1 glass fruit juice	500 kcal
7:30 PM	Dinner	2 rotis, 1 cup mixed vegetables, 150g paneer/tofu, salad	700 kcal
10:30 PM	Pre-Bed Snack	1 glass milk + 1 handful nuts	300 kcal

**Total Calories: ~3500 kcal/day**

## Additional Tips for Fast Weight Gain

- ✓ Eat every 2-3 hours – Never skip meals
- ✓ Add healthy fats – Peanut butter, cheese, nuts, ghee
- ✓ Drink calorie-dense shakes – Banana shake, peanut butter shake, mango shake
- ✓ Workout (Strength Training) – To gain muscle, not just fat
- ✓ Sleep at least 7-8 hours – For better muscle recovery