

Weight Gain

Building muscles or gaining healthy weight is not as easy as losing weight. But, it is important to be motivated and disciplined and follows a healthy meal plan along with exercise to gain weight and muscles.

Breakfast:

3 to 4 slices of whole wheat bread toast with peanut butter + 3 egg whites + 1 full egg omelette or

1 cup of low fat milk + 1 scoop of whey protein+ 150 gms of oatmeal + 1 banana+ a few almonds+ walnuts.

Mid-morning snack:

1 orange or apple or 1 cup of green tea + 2 to 3 multigrain biscuits

Lunch:

150 gms of brown rice or whole wheat chapattis + 150 gms of skinless chicken breast / fish + 1 bowl of mixed vegetables+ green chutney+ salad

Mid afternoon snack:

1 fruit or green tea or sprouts salad + few nuts

Evening:

1 fruit + 1 cup of low fat yoghurt or 1 cup of low fat milk with 1 scoop of whey protein or whole wheat bread 3 egg whites/ steamed chicken sandwich.

Dinner:

1 small fish or 100 gms of skinless/ lean chicken + stir fried veggies with baked potato + 1 cup of brown rice/ whole wheat chappati

Bed time:

1 cup of skimmed milk with nuts

It is important to note that the diet plan and the caloric requirement, and the portion size differ from person to person depending on their age, gender and body weight. The diet will also vary with the timing of the workout schedule.