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A proper diet nourishes the body, boosts energy, prevents diseases, sharpens the mind, and supports a healthy, balanced, and longer life.

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Before



After



Weekly Weight Gain Diet Chart (2500–3300 KCal with Calories)

Day	Breakfast (8:30 AM) ~800-900 KCal	Lunch (1:00 PM) ~800-900 KCal	Snacks (4:00 PM) ~400-500 KCal	Pre-Dinner (6:00 PM) ~250-300 KCal	Dinner (9:00 PM) ~700-900 KCal	Post-Dinner (10:30 PM) ~200 KCal
Monday	Boiled Eggs (3) + Chicken Sandwich (1) + Banana Shake	Roti (2) + Rice (1.5 cup) + Chicken Curry + Veg + Curd	Fruit + Makhana + Boiled Egg + Milk	Peanut Butter Toast (2) + Banana	Roti (2) + Fish Curry + Rice (1 cup) + Salad	Warm Milk + Walnuts (2)
Tuesday	Egg Omelette (2) + Stuffed Aloo Paratha (1) + Curd + Milkshake	Rice (2 cups) + Chicken Biryani (homemade) + Raita + Salad	Dates (4) + Milk + Egg Sandwich (1)	Banana + Oats Ladoo	Roti (2) + Chicken Curry + Rice (1 cup) + Curd	Milk + Soaked Almonds (5)
Wednesday	Chicken Bhurji + Toast (2) + Banana Shake	Roti (3) + Fish Curry + Rice (1 cup) + Curd	Fruit Bowl + Milkshake + Boiled Egg	Peanut Butter Toast (2) + Dates	Roti (2) + Mix Veg + Rice (1 cup) + Boiled Egg + Salad	Turmeric Milk + Honey
Thursday	Boiled Eggs (2) + Chicken Wrap + Banana Shake	Roti (2) + Rajma + Veg + Boiled Egg + Buttermilk	Makhana + Fruit + Milk	Oats Ladoo + Banana	Roti (2) + Chicken Keema + Rice (1 cup) + Curd	Milk + 1 tsp ghee
Friday	Egg Paratha (2) + Curd + Banana Shake	Roti (3) + Chole + Veg + Boiled Egg + Salad + Curd	Dates + Peanut Chikki + Milk	Peanut Butter Toast (2) + Fruit	Roti (2) + Fish Curry + Rice (1 cup) + Salad	Milk + soaked almonds (5)
Saturday	Boiled Eggs (3) + Aloo Paratha (2) + Curd + Banana Shake	Rice (2 cups) + Chicken Curry + Veg + Buttermilk	Fruit + Milkshake + Dry Fruits (small qty) + Boiled Egg	Banana + Oats Ladoo	Roti (2) + Mix Veg + Rice (1 cup) + Curd	Milk + Honey
Sunday	Chicken Bhurji + Toast (2) + Omelette (1) + Banana Shake	Roti (2) + Egg Curry + Veg + Curd + Boiled Egg	Makhana + Fruit + Milk + Egg Sandwich (1)	Peanut Butter Toast (2) + Banana	Roti (2) + Chicken Curry + Rice (1 cup) + Salad	Turmeric Milk + Walnuts (2)

Notes:

- This chart includes **non-veg items** like **chicken, eggs, fish** in different forms for variety and taste.
- Meals are designed to be **nutritious, calorie-dense**, and **affordable** for a middle-class family.
- **Ghee, peanut butter, and milk** are used smartly for added calories and healthy fat.
- Customize portion size based on **hunger level** and **weight gain progress**.
- For best results, pair with **regular gym workout or physical activity**.

