

☀️ SUMMER WEIGHT GAIN (VEG) DIET PLAN

Calories: 2500–3000 KCal/day

Focus: High-calorie, high-protein veg foods with cooling elements.

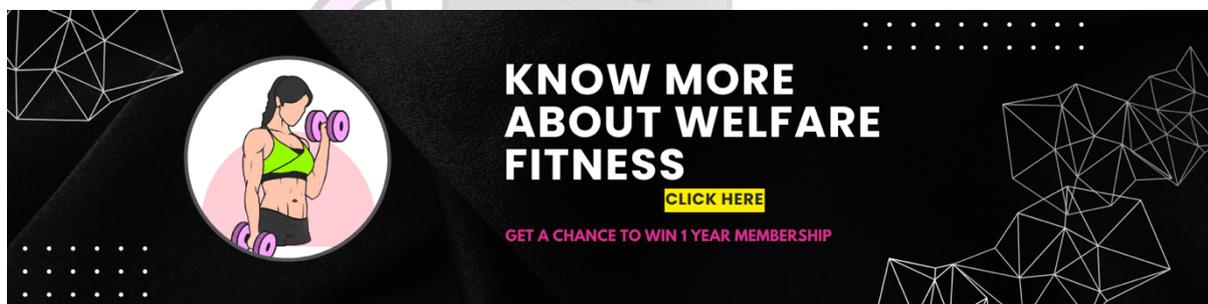
Day / Time	Breakfast (8:00 AM)	Mid-Morning (11:00 AM)	Lunch (1:30 PM)	Evening Snack (5:00 PM)	Dinner (8:00 PM)	Post-Dinner (10:00 PM)
Monday	2 Stuffed Paneer Paratha + Curd + Banana Shake (milk + banana + soaked nuts)	Coconut Water + 1 Mango	2 Roti + Paneer Butter Masala + Dal Tadka + Rice + Curd + Salad	Peanut Butter Sandwich + Lemon Water	2 Roti + Mixed Veg + Moong Dal + Ghee + Curd	1 Glass Milk + Dates
Tuesday	Vegetable Poha + 1 Boiled Potato + Almond Milkshake	Buttermilk + 1 Banana	2 Roti + Chole + Rice + Curd + Salad	Banana + Handful Nuts + Coconut Water	2 Roti + Palak Paneer + Dal + Ghee + Curd	Milk + Soaked Figs
Wednesday	Vegetable Upma + Peanut Chutney + Chikoo Milkshake	Coconut Water + 1 Apple	2 Roti + Rajma + Rice + Curd + Salad	Paneer Roll (wheat wrap) + Lemon Water	2 Roti + Lauki Kofta Curry + Dal + Ghee + Buttermilk	Milk + Handful Nuts
Thursday	Oats Porridge + Nuts + Honey + Banana + Herbal Tea	Buttermilk + 1 Mango	2 Roti + Kadai Paneer + Rice + Moong Dal +	Cheese Sandwich + Coconut Water	2 Roti + Bhindi Sabzi + Dal + Ghee + Salad	Milk + Dates

			Curd + Salad			
Friday	2 Vegetable Paratha + Butter + Curd + Mango Shake	Lemon Water + 1 Apple	2 Roti + Matar Paneer + Rice + Dal + Curd	Boiled Potato Chaat + Coconut Water	2 Roti + Tinda Sabzi + Moong Dal + Ghee + Salad	Milk + Soaked Almonds
Saturday	Suji Halwa + Boiled Chana + Chikoo Milkshake	Buttermilk + 1 Banana	2 Roti + Baingan Bharta + Dal Tadka + Rice + Curd	Paneer Toast + Lemon Water	2 Roti + Mixed Veg + Moong Dal + Buttermilk	Milk + Dates + Walnuts
Sunday	Idli + Sambhar + Coconut Chutney + Mango Smoothie	Coconut Water + 1 Apple	2 Roti + Veg Pulao + Raita + Dal + Curd	Cheese Roll + Buttermilk	2 Roti + Palak Paneer + Dal + Salad + Ghee	Milk + Mixed Nuts

● KEY NOTES:

- **Protein Focus:** Paneer, lentils, legumes, milk, curd, nuts, seeds.
- **Healthy Fats:** Ghee, butter, nuts, seeds, peanut butter (in moderation).
- **Hydration:** Coconut water, lemon water, buttermilk — minimum 3 liters/day.
- **Calorie Dense Add-ons:** Dry fruits, milkshakes (banana/mango/chikoo), ghee.
- **Cooling Foods:** Curd, coconut water, cucumber, mint chutney.
- **No:** Junk food, excess fried/spicy foods.
- **Exercise:** Resistance training 4–5 times/week for muscle gain.

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