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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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🌙 Ramadan Weight Gain Diet Chart – Veg – 2500 to 2800 KCal

Meal Time	Food Items	Calories (Approx.)
Iftar (6:45 PM)	– 2 Dates – 1 glass Banana Shake (Full fat milk + 1 banana + 5 soaked almonds + honey) – 2 Paneer Cutlets or Stuffed Kuttu Cheela – 1 bowl Fruit Chaat (apple, papaya, grapes) with lemon & chaat masala	600-700 KCal
Dinner (9:00 PM)	– 2 Roti (ghee applied) – 1 cup Mix Veg Curry (potato, peas, paneer) – 1 bowl Rice (steamed) – 1 bowl Dal Tadka or Rajma – 1 cup Curd (full fat) – 1 tsp Ghee on rice	800-900 KCal
Post-Dinner (10:30 PM)	– 1 glass Full-fat Milk + 1 tsp peanut butter or protein powder – 5 soaked walnuts or dates	300-350 KCal
Suhoor (Pre-Dawn – 4:30 AM)	– 2 Paratha (light ghee) or 2 Paneer Stuffed Roti – 1 bowl Curd or 1 glass Milk – 1 Banana or 1 Boiled Sweet Potato – 5-6 Soaked Almonds	700-800 KCal

✅ Tips for Healthy Weight Gain during Ramadan:

- Focus on **calorie-dense foods**: paneer, ghee, nuts, full-fat milk.
- **Avoid deep-fried junk** – it adds unhealthy fat and digestion issues.
- Stay **hydrated**: 8-10 glasses water between Iftar and Suhoor.
- **Consistent eating window**: Ensure 3-4 meals between Iftar and Suhoor.
- Add **light strength training/home workout** post-Iftar for muscle gain.

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12 MONTH	15-20 KG	
24 MONTH	20 - 25 KG	

WEIGHT LOSS RESULTS VARY PERSON TO PERSON



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