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Physiotherapist / Dietician

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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🍗 SUMMER WEIGHT GAIN (NON-VEG) DIET PLAN

Calories: 2500–3000 KCal/day

Goal: Weight gain with lean muscle building using high-protein non-veg sources.

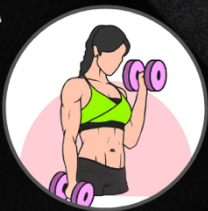
Day / Time	Breakfast (8:00 AM)	Mid-Morning (11:00 AM)	Lunch (1:30 PM)	Evening Snack (5:00 PM)	Dinner (8:00 PM)	Post-Dinner (10:00 PM)
Monday	3 Egg Omelette + 2 Paratha + Curd + Banana Shake	Coconut Water + 1 Mango	2 Roti + Chicken Curry + Rice + Dal + Curd + Salad	Grilled Chicken Sandwich + Lemon Water	2 Roti + Bhindi Sabzi + Moong Dal + Buttermilk	Milk + Dates
Tuesday	Poha + 2 Boiled Eggs + Chikoo Shake	Buttermilk + 1 Banana	2 Roti + Grilled Fish + Rice + Curd + Veg Stir Fry	Egg Bhurji + Bread Toast + Lemon Water	2 Roti + Palak Paneer + Dal + Salad + Buttermilk	Milk + Soaked Almonds
Wednesday	3 Boiled Eggs + Bread + Peanut Butter + Mango Smoothie	Coconut Water + 1 Apple	2 Roti + Chicken Tikka + Dal + Rice + Curd	Paneer Roll + Coconut Water	2 Roti + Lauki Kofta + Moong Dal + Buttermilk	Milk + Dates + Walnuts
Thursday	Oats + Dry Fruits + Honey + 2 Scrambled Eggs + Herbal Tea	Buttermilk + 1 Mango	2 Roti + Chicken Curry + Rice + Curd + Salad	Grilled Fish Sandwich + Lemon Water	2 Roti + Mixed Veg + Moong Dal + Buttermilk	Milk + Handful Nuts
Friday	2 Veg Paratha + Butter +	Lemon Water + 1 Apple	2 Roti + Mutton Curry	Boiled Potato Chaat +	2 Roti + Tinda Sabzi +	Milk + Soaked Figs

	Curd + Mango Shake + 2 Boiled Eggs		(low oil) + Rice + Dal + Salad	Coconut Water	Dal + Buttermilk	
Saturday	Suji Halwa + 2 Boiled Eggs + Bread + Banana Milkshake	Buttermilk + 1 Banana	2 Roti + Fish Curry + Rice + Dal + Curd + Salad	Chicken Wrap + Coconut Water	2 Roti + Mixed Veg + Dal + Buttermilk	Milk + Dates + Walnuts
Sunday	Idli + Sambhar + Chutney + Mango Smoothie + 2 Boiled Eggs	Coconut Water + 1 Apple	2 Roti + Grilled Chicken + Rice + Dal + Raita	Paneer Toast + Lemon Water	2 Roti + Palak Paneer + Moong Dal + Salad + Buttermilk	Milk + Mixed Nuts

● KEY NOTES:

- **Protein Power:** Eggs (3–4/day), chicken, fish, paneer, dal, curd.
- **Healthy Fats:** Ghee, nuts, milkshakes, peanut butter, olive oil.
- **Hydration:** Coconut water, lemon water, buttermilk — keep cool & hydrated.
- **Muscle Gain Focus:** Pair with strength training 4–5 days/week.
- **Summer Cooling Foods:** Curd, fruits (banana, mango, chikoo), cucumber, coconut water.

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AVERAGE WEIGHT LOSS RESULTS*

	GENERAL TRAINING	PERSONAL TRAINING
3 MONTH	5-7 KG	10-15 KG
6 MONTH	10-14 KG	15-20 KG
12 MONTH	15-20 KG	
24 MONTH	20 - 25 KG	

WEIGHT LOSS RESULTS VARY PERSON TO PERSON

