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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.


+916377139340

Before



BEFORE

After



AFTER

🥗 Jain Hindu Weight Gain Diet Chart – 2000 to 2200

KCal

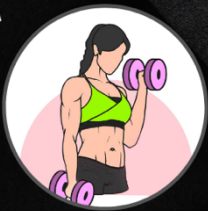
Day / Time	Breakfast (8:00 AM)	Mid-Morning Snack (11:00 AM)	Lunch (1:30 PM)	Evening Snack (5:00 PM)	Dinner (8:00 PM)	Post-Dinner (9:30 PM)
Monday	– 1 glass warm milk with soaked almonds + dates – 2 Methi Thepla (with ghee) + curd (full fat)	– 1 Banana + 5 walnuts	– 2 Multigrain Rotis (with ghee) – Jain Chana Masala – Moong Dal – Cucumber salad	– 1 bowl Poha with peanuts OR 1 cup roasted Makhana + 1 glass buttermilk	– 2 Rotis – Lauki-Tinda sabzi – 1 bowl Paneer curry (no onion-garlic) – 1 bowl curd	– 1 glass warm milk + 1 date
Tuesday	– 1 bowl Dalia with milk + nuts – Herbal tea	– Fruit Chaat (Banana, Papaya, Apple)	– 1 cup Jain Rajma Curry – 2 Rotis with ghee – 1 bowl curd – Salad	– 1 bowl Sabudana Khichdi + 1 glass lassi	– 1 bowl Vegetable Khichdi – 1 bowl Jain Paneer Bhurji – Buttermilk	– 1 cup dry fruits (5 almonds, 2 dates)
Wednesday	– 1 bowl Upma with veggies (no root) – 1 glass buttermilk	– 1 glass banana shake with nuts	– 2 Rotis – Tinda Sabzi – 1 bowl Moong Dal – Cucumber, tomato salad	– Roasted Chana (1 small bowl) + 1 banana	– 2 Moong Dal Chilla + mint chutney – 1 bowl curd with jaggery	– 1 glass milk + soaked raisins
Thursday	– 2 Thepla with ghee + curd	– 1 glass mango shake or	– 1 bowl Jain Sabudana Khichdi	– 1 cup puffed rice + peanuts	– 2 Rotis – Jain Chana Dal – Lauki	– 1 fruit + 5 walnuts

	– 5 soaked almonds	dates milk	– 1 bowl Curd – Salad	+ jaggery chunks	sabzi – 1 bowl Paneer sabzi – Buttermilk	
Friday	– 1 bowl Vegetable Idli + coconut chutney – 1 cup milk	– 1 fruit + 5 cashews	– 2 Rotis with ghee – Jain Rajma Curry – 1 bowl Curd – Salad	– 1 bowl Makhana kheer (milk + jaggery)	– 1 bowl Khichdi – 1 bowl Paneer Bhurji – Buttermilk	– 1 cup warm milk + jaggery powder
Saturday	– 1 bowl Upma + peanuts – 1 glass milk with soaked dates	– Roasted Chana + 1 fruit	– 2 Rotis – Jain Chana Masala – Moong Dal – Cucumber salad	– 1 bowl Poha with peanuts + herbal tea	– 2 Moong Dal Chilla – 1 bowl curd – Mint chutney	– 1 date + 5 soaked almonds
Sunday	– 1 Moong Dal Chilla + Mint chutney + curd – 1 glass milk with soaked nuts	– 1 glass banana shake	– 2 Rotis – Tinda sabzi – 1 bowl Rajma – Salad	– 1 bowl roasted Makhana + 1 fruit	– 1 bowl Sabudana Khichdi – 1 bowl curd – 1 cup lassi	– 1 cup milk + jaggery + 5 almonds

✓ Weight Gain Notes (Jain):

- Focus on **high-calorie, high-protein** foods like milk, paneer, curd, nuts, seeds, legumes.
- Use **ghee/cold-pressed oil** moderately for extra calories.
- Include **dried fruits, milkshakes, jaggery**, and **frequent meals**.
- Avoid **fried foods** for clean weight gain.
- Exercise lightly (yoga, strength training) to aid **muscle gain**, not fat.

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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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