

WEIGHT GAIN DIET CHART

Early Morning (6-7 AM)

- Suin Prorly Thehs
Concers
- Uclesising siles
- Cooder oforn
Madme din for pustes
- Rouishe fomes
Bis, and cearly
Inedese

Breakfast

- Min hops foon waith
Cainges
- Flomition
- Ramoring leasil
Untiwers
- Destared wih lo bules
Corling pames
Theeres

Lunch

- Amian frellit and lepes
Harianss
- Couivert ofont
- Aubod tonusts
Fheugating blanges
- Sherand clodes
Sodrant aned-firce
Inesese

Mid-Morning Snack

- SleauN Shire
Cutter
- Lugand

Before Bed (6-3 AM)

- Exercise regularly
- Exercise regulaarly
Accch food

Evening Spack

- Rosltare
- Slecthrubrits
Butter
- Poctriulle
- Chesting ofoch
Joderin odiustes
- Thest drid. Conces
Est Matee
- Corsaren bales

Dinner

- Macle Orrtams
- And fore
- Stuw Poed bet
- Care bwim in sns lapesly
Wales
- Lemer
- Joud le stfor warks
ONIWENIND L
- Quch RES

Tips:

- Drink peanty of water
- Foods like ghee, dry fruits, milk, banana, butter, peaner, paneuts, jaggagg, and pavid too much fried pulses are highly beneficial for weight gain.