



Weight Gain Diet Plan

For weight gain, the focus is on consuming more calories than you burn, prioritizing nutrient-dense foods that support muscle gain and overall health.

Key Points:

- **Increase Caloric Intake** – Aim for a surplus of 500-700 extra calories per day.
- **High-Protein Foods:** To promote muscle growth.
- **Healthy Fats & Carbs:** Essential for energy and body function.
- **Frequent Meals:** 4-6 meals a day to ensure consistent calorie intake.

Sample Daily Plan:

Breakfast:

- 4 scrambled eggs with cheese
- 1 avocado
- 2 slices of whole-grain toast with peanut butter
- 1 cup of whole milk or a smoothie (with banana, protein powder, oats, and spinach)
- Greek yogurt (full-fat) with honey, granola, and mixed berries
- Handful of mixed nuts (almonds, walnuts, cashews)

Lunch:

- Grilled chicken breast or salmon (200-250g)
- Brown rice or quinoa (1 cup cooked)
- Steamed vegetables (broccoli, spinach, or carrots)
- Olive oil dressing or 1 tablespoon of butter
- Snack 2:
- 1 banana
- 2 tablespoons of peanut butter or almond butter
- 1 protein shake

Dinner:

- Lean beef or tofu (200g)
- Sweet potatoes (1 medium)
- Salad with olive oil and avocado
- Snack 3 (Before Bed):
- Cottage cheese (full-fat) or casein protein shake
- A handful of mixed seeds or nuts



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Weight Loss Diet Plan

For weight loss, the focus is on creating a calorie deficit while still ensuring nutrient density. A balanced approach with lean proteins, healthy fats, and fiber-rich foods will help.

Key Points:

Create a Calorie Deficit: Aim for a 300-500 calorie deficit per day.

Focus on Lean Proteins and Fibrous Veggies: These help keep you full and support muscle retention.

Minimize Processed Foods and Sugars: These can lead to unnecessary calorie consumption.

Sample Daily Plan:

Breakfast:

- 3 egg whites and 1 whole egg scrambled with spinach and tomatoes
- 1 slice of whole-grain toast with avocado
- A cup of black coffee or green tea
- 1 apple or a handful of berries
- 10-12 almonds or walnuts

Lunch:

- Grilled chicken breast or turkey (150g)
- Mixed salad with greens, cucumbers, and a small serving of olive oil vinaigrette
- $\frac{1}{2}$ cup of quinoa or brown rice
- Snack 2:
- Veggie sticks (carrots, cucumbers, celery) with hummus
- 1 small handful of pumpkin seeds

Dinner:

- Grilled salmon or lean fish (150-200g)
- Steamed broccoli or roasted vegetables (zucchini, cauliflower, bell peppers)
- $\frac{1}{2}$ avocado or a small serving of olive oil
- Snack 3 (Optional):
- A small cup of Greek yogurt (low-fat or fat-free)
- A few raw almonds or sunflower seeds