




MEAL PLAN.....**VEGETARIAN**
DIET FOR**WEIGHT GAIN DIET PLAN 30 DAY**.....

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• Day 1

- 10 am
- Breakfast: Avocado toast with a poached egg.
 - Snack: Greek yogurt with mixed berries.
 - Lunch: Lentil soup with whole wheat bread.
 - Dinner: Chickpea curry with brown rice.

• Day 2

- 1.30 PM
- Breakfast: Oatmeal with sliced bananas and almond butter.
 - Snack: Cottage cheese with pineapple chunks.
 - Lunch: Spinach and feta stuffed whole wheat pita.
 - Dinner: Quinoa and black bean stuffed bell peppers.

• Day 3

- 3 pm
- Breakfast: Scrambled eggs with spinach and whole-grain toast.
 - Snack: Mixed berry smoothie with yogurt.
 - Lunch: Chickpea and vegetable stir-fry with brown rice.
 - Dinner: Lentil curry with basmati rice.



• Day 4

- 4.30 pm
- Breakfast: Whole grain pancakes with strawberries.
 - Snack: Greek yogurt with granola.
 - Lunch: Quinoa salad with roasted vegetables and tahini dressing.
 - Dinner: Baked sweet potato with black bean salsa.

• Day 5

- 7 pm
- Breakfast: Avocado and tomato toast on whole grain bread.
 - Snack: Cottage cheese with sliced peaches.
 - Lunch: Lentil and vegetable wrap with whole wheat tortilla.
 - Dinner: Chickpea and spinach curry with quinoa.

• Day 6

- 9 pm
- Breakfast: Yogurt parfait with granola, mixed berries, and honey.
 - Snack: Trail mix with dried fruits and nuts.
 - Lunch: Spinach and mushroom whole wheat pasta with tomato sauce.
 - Dinner: Baked falafel with couscous and salad.

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DAY 1

10 AM

- Breakfast: Scrambled eggs with spinach and whole-grain toast.
- Snack: Greek yogurt with mixed berries.
- Lunch: Grilled chicken breast with quinoa and steamed broccoli.
- Dinner: Baked salmon with sweet potato and asparagus.

DAY 2

1:30 PM

- Breakfast: Omelette with mushrooms, tomatoes, and feta cheese.
- Snack: Cottage cheese with pineapple chunks.
- Lunch: Turkey and avocado wrap with a whole-grain tortilla.
- Dinner: Stir-fried shrimp with brown rice and mixed vegetables.

DAY 3

3 PM

- Breakfast: Smoked salmon on a whole-grain bagel with cream cheese.
- Snack: Handful of mixed nuts (almonds, walnuts, and cashews).
- Lunch: Beef stir-fry with quinoa and broccoli.
- Dinner: Grilled chicken thighs with roasted sweet potatoes and green beans.

DAY 4

4:30 PM

- Breakfast: Protein smoothie with berries, spinach, and protein powder.
- Snack: Hard-boiled eggs with cherry tomatoes.
- Lunch: Tuna salad with mixed greens, cherry tomatoes, and olive oil dressing.
- Dinner: Baked cod with quinoa and roasted Brussels sprouts.

DAY 5

7 PM

- Breakfast: Ham and cheese omelette with whole-grain toast.
- Snack: Yogurt parfait with granola and mixed berries.
- Lunch: Chicken Caesar salad with whole-grain croutons.
- Dinner: Grilled steak with sweet potato wedges and asparagus.

DAY 6

9 PM

- Breakfast: Breakfast burrito with scrambled eggs, black beans, and salsa.
- Snack: Sliced apple with almond butter.
- Lunch: Shrimp and vegetable stir-fry with brown rice.
- Dinner: Baked chicken breast with quinoa and roasted vegetables.