




- meal plan.....vegetarian
- diet forWEIGHT.GAIN.DIET PLAN 7 DAY

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• Day 1

- 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

- 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

- 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

- 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

- 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

- 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: Smoked salmon and cream cheese bagel.
- Snack: Hard-boiled eggs with cherry tomatoes.
- Lunch: Grilled chicken breast with quinoa and steamed broccoli.
- Dinner: Baked cod with sweet potato and asparagus.

DAY 2

1:30 PM

- Breakfast: Ham and cheese omelette with whole grain toast.
- Snack: Greek yogurt with a handful of mixed nuts.
- Lunch: Turkey and avocado wrap with whole-grain tortilla.
- Dinner: Stir-fried shrimp with brown rice and mixed vegetables.

DAY 3

3 PM

- Breakfast: Bacon and mushroom scramble with whole-grain toast.
- Snack: Sliced apple with peanut butter.
- 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: Sausage and vegetable frittata.
- Snack: Cottage cheese with sliced peaches.
- Lunch: Tuna salad with mixed greens, cherry tomatoes, and olive oil dressing.
- Dinner: Baked steak with quinoa and roasted Brussels sprouts.

DAY 5

7 PM

- Breakfast: Breakfast burrito with scrambled eggs, black beans, and salsa.
- Snack: Greek yogurt with a handful of walnuts.
- Lunch: Chicken Caesar salad with whole-grain croutons.
- Dinner: Grilled salmon with sweet potato wedges and asparagus.

DAY 6

9 PM

- Breakfast: Omelette with mushrooms, tomatoes, and feta cheese.
- Snack: Trail mix with dried fruits and nuts.
- Lunch: Shrimp and vegetable stir-fry with brown rice.
- Dinner: Baked chicken breast with quinoa and roasted vegetables.