



DAY 1

10 AM

- Breakfast: Scrambled eggs with spinach and whole-grain toast.
- Mid-Morning Snack: Greek yogurt with a handful of almonds.
- Lunch: Grilled chicken breast with quinoa and steamed broccoli. Afternoon Snack: Sliced apple with peanut butter.
- Dinner: Baked salmon with sweet potato and asparagus.

DAY 2

1:30 PM

- Breakfast: Omelette with mushrooms, tomatoes, and feta cheese.
- Mid-Morning Snack: Cottage cheese with pineapple chunks.
- Lunch: Turkey and avocado wrap with a whole-grain tortilla.
- Afternoon Snack: Protein smoothie with whey protein, banana, and almond milk.
- 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.
- Mid-Morning Snack: Handful of mixed nuts (almonds, walnuts, and cashews).
- Lunch: Beef stir-fry with quinoa and broccoli.
- Afternoon Snack: Greek yogurt with sliced strawberries.
- 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.
- Mid-Morning Snack: Hard-boiled eggs with cherry tomatoes.
- Lunch: Tuna salad with mixed greens, cherry tomatoes, and olive oil dressing.
- Afternoon Snack: Cottage cheese with sliced peaches.
- Dinner: Baked cod with quinoa and roasted Brussels sprouts.

DAY 5

7 PM

- Breakfast: Ham and cheese omelette with whole-grain toast.
- Mid-Morning Snack: Yogurt parfait with granola and mixed berries.
- Lunch: Chicken Caesar salad with whole-grain croutons.
- Afternoon Snack: Protein bar and a piece of fruit.
- Dinner: Grilled steak with sweet potato wedges and asparagus.

DAY 6

9 PM

- Breakfast: Breakfast burrito with scrambled eggs, black beans, and salsa.
- Mid-Morning Snack: Sliced apple with almond butter.
- Lunch: Shrimp and vegetable stir-fry with brown rice.
- Afternoon Snack: Greek yogurt with a handful of walnuts.
- Dinner: Baked chicken breast with quinoa and roasted vegetables.



MEAL PLAN..... **NON-VEGETARIAN**.....

DIET FOR **WEIGHT GAIN DIET PLAN**
BEGINNERS.....

6260092841  www.willfits.com

DAY 1

10 AM

- Breakfast: Scrambled eggs with spinach and whole-grain toast.
- Mid-Morning Snack: Greek yogurt with a handful of almonds.
- Lunch: Grilled chicken breast with quinoa and steamed broccoli. Afternoon Snack: Sliced apple with peanut butter.
- Dinner: Baked salmon with sweet potato and asparagus.

DAY 2

1:30 PM

- Breakfast: Omelette with mushrooms, tomatoes, and feta cheese.
- Mid-Morning Snack: Cottage cheese with pineapple chunks.
- Lunch: Turkey and avocado wrap with a whole-grain tortilla.
- Afternoon Snack: Protein smoothie with whey protein, banana, and almond milk.
- 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.
- Mid-Morning Snack: Handful of mixed nuts (almonds, walnuts, and cashews).
- Lunch: Beef stir-fry with quinoa and broccoli.
- Afternoon Snack: Greek yogurt with sliced strawberries.
- 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.
- Mid-Morning Snack: Hard-boiled eggs with cherry tomatoes.
- Lunch: Tuna salad with mixed greens, cherry tomatoes, and olive oil dressing.
- Afternoon Snack: Cottage cheese with sliced peaches.
- Dinner: Grilled cod or any white fish with quinoa and roasted Brussels sprouts.

DAY 5

7 PM

- Breakfast: Ham and cheese omelette with whole-grain toast.
- Mid-Morning Snack: Yogurt parfait with granola and mixed berries.
- Lunch: Chicken Caesar salad with whole-grain croutons.
- Afternoon Snack: Protein bar and a piece of fruit.
- Dinner: Grilled steak with sweet potato wedges and asparagus.

DAY 6

9 PM

- Breakfast: Breakfast burrito with scrambled eggs, black beans, and salsa.
- Mid-Morning Snack: Sliced apple with almond butter
- Lunch: Shrimp and vegetable stir-fry with brown rice.
- Afternoon Snack: Greek yogurt with a handful of walnuts.
- Dinner: Baked chicken breast or thighs with quinoa and roasted vegetables.