



MEAL PLAN..... **VEGETARIAN**
DIET FOR **WEIGHT GAIN DIET PLAN GLUTAN**
..... **FREE**.....

• 626009284  • www.willfits.com

• Day 1

- Breakfast: Quinoa porridge with almond milk, topped with sliced bananas and chopped nuts.
- Snack: Greek yogurt with mixed berries.
- Lunch: Lentil and vegetable curry with brown rice.
- Snack: Apple slices with peanut butter.
- Dinner: Baked sweet potato with black bean and corn salsa.

• Day 2

- Breakfast: Scrambled eggs with spinach and gluten-free toast.
- Snack: Cottage cheese with pineapple chunks.
- Lunch: Quinoa salad with roasted vegetables, chickpeas, and a lemon-tahini dressing.
- Snack: Gluten-free protein smoothie with almond milk, banana, and protein powder.
- Dinner: Stir-fried tofu with gluten-free tamari sauce, quinoa, and mixed vegetables.

• Day 3

- Breakfast: Smoothie bowl made with gluten-free oats, mixed berries, almond milk, and topped with chia seeds.
- Snack: Mixed nuts (almonds, walnuts, and cashews).
- Lunch: Chickpea and vegetable stir-fry with gluten-free rice noodles.
- Snack: Greek yogurt with sliced strawberries.
- Dinner: Stuffed bell peppers with gluten-free wild rice and black beans.

• Day 4

- Breakfast: Gluten-free pancakes with maple syrup and sliced strawberries.
- Snack: Hard-boiled eggs with cherry tomatoes.
- Lunch: Quinoa and black bean stuffed acorn squash.
- Snack: Gluten-free protein bar and a piece of fruit.
- Dinner: Baked eggplant Parmesan with gluten-free breadcrumbs.

• Day 5

- Breakfast: Omelette with gluten-free toast and avocado.
- Snack: Yogurt parfait with gluten-free granola and mixed berries.
- Lunch: Lentil soup with gluten-free crackers.
- Snack: Gluten-free rice cakes with almond butter.
- Dinner: Grilled portobello mushrooms with polenta and roasted vegetables.

• Day 6

- Breakfast: Gluten-free overnight oats with almond milk, chia seeds, and sliced peaches.
- Snack: Trail mix with gluten-free dried fruits and nuts.
- Lunch: Spinach and feta-stuffed gluten-free crepes.
- Snack: Gluten-free hummus with carrot and cucumber sticks.
- Dinner: Quinoa and vegetable curry with gluten-free roti



DAY 1

10 AM

- Breakfast: Scrambled eggs with spinach and gluten-free toast.
- Snack: Greek yogurt with mixed berries.
- Lunch: Grilled chicken breast with quinoa and steamed broccoli.
- Snack: Apple slices with almond butter.
- Dinner: Baked sweet potato with grilled salmon 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 gluten-free tortilla.
- Snack: Gluten-free protein smoothie with almond milk, banana, and protein powder.
- Dinner: Stir-fried shrimp with gluten-free brown rice and mixed vegetables.

DAY 3

3 PM

- Breakfast: Smoked salmon on gluten-free bagel with cream cheese.
- Snack: Handful of mixed nuts (almonds, walnuts, and cashews).
- Lunch: Beef stir-fry with gluten-free quinoa and broccoli.
- 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.
- Snack: Hard-boiled eggs with cherry tomatoes.
- Lunch: Tuna salad with mixed greens, cherry tomatoes, and olive oil dressing.
- Snack: Cottage cheese with sliced peaches.
- Dinner: Baked cod with gluten-free quinoa and roasted Brussels sprouts.

DAY 5

7 PM

- Breakfast: Ham and cheese omelette with gluten-free toast.
- Snack: Yogurt parfait with gluten-free granola and mixed berries.
- Lunch: Chicken Caesar salad with gluten-free croutons.
- 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.
- Snack: Sliced apple with almond butter.
- Lunch: Shrimp and vegetable stir-fry with gluten-free brown rice.
- Snack: Greek yogurt with a handful of walnuts.
- Dinner: Baked chicken breast with gluten-free quinoa and roasted vegetables.