




MEAL PLAN.....**VEGETARIAN**
DIET FOR**WEIGHT GAIN DIET PLAN VEGAN**.....

• 626009284  • www.willfits.com

• Day 1

- 10 am
- Breakfast: Avocado and chickpea toast on whole-grain bread.
 - Snack: Mixed berry smoothie with plant-based protein powder.
 - Lunch: Quinoa and black bean salad with mixed vegetables.
 - Snack: Handful of nuts and dried fruits.
 - Dinner: Baked sweet potato with lentil curry and steamed broccoli.

• Day 2

- 1:30 PM
- Breakfast: Vegan protein pancakes with sliced bananas and maple syrup.
 - Snack: Chia seed pudding with coconut milk and fresh berries.
 - Lunch: Chickpea and vegetable stir-fry with brown rice.
 - Snack: Vegan protein smoothie with almond milk, banana, and nut butter.
 - Dinner: Vegan chili with quinoa and avocado.

• Day 3

- 3 pm
- Breakfast: Smoothie bowl with blended fruits, plant-based yogurt, and granola.
 - Snack: Trail mix with mixed nuts and dried fruits.
 - Lunch: Lentil soup with gluten-free bread.
 - Snack: Vegan protein bar and a piece of fruit.
 - Dinner: Vegan macaroni and cheese with steamed broccoli.

• Day 4

- 4:30 pm
- Breakfast: Vegan breakfast burrito with tofu scramble, black beans, and salsa.
 - Snack: Sliced apple with almond butter.
 - Lunch: Quinoa salad with roasted vegetables and tahini dressing.
 - Snack: Vegan protein smoothie with coconut milk, mango, and protein powder.
 - Dinner: Stuffed bell peppers with quinoa and black beans.

• Day 5

- 7 pm
- Breakfast: Vegan protein smoothie with almond milk, spinach, and banana.
 - Snack: Vegan yogurt with mixed berries.
 - Lunch: Vegan Buddha bowl with quinoa, roasted vegetables, and hummus.
 - Snack: Rice cakes with avocado and cherry tomatoes.
 - Dinner: Vegan stir-fried tofu with brown rice and mixed vegetables.

• Day 6

- 9 pm
- Breakfast: Vegan protein waffles with berries and agave syrup.
 - Snack: Vegan protein bar and a piece of fruit.
 - Lunch: Vegan chickpea curry with basmati rice.
 - Snack: Vegan protein smoothie with almond milk, peach, and protein powder.
 - Dinner: Vegan lentil and vegetable stew with crusty bread.



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.
- 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.
- Snack: Cottage cheese with pineapple chunks.
- Lunch: Turkey and avocado wrap with whole-grain tortilla.
- 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 whole-grain bagel with cream cheese.
- Snack: Handful of mixed nuts (almonds, walnuts, and cashews).
- Lunch: Beef stir-fry with 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 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.
- 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 brown rice.
- Snack: Greek yogurt with a handful of walnuts.
- Dinner: Baked chicken breast with quinoa and roasted vegetables.