

3000 kcal meal plan

Day1

Meal	serving	kcal
Breakfast Banana milkshake+ cracked wheat porridge	1 glass milkshake 1 medium bowl porridge	227kcal 290kcal
Lunch Mixed vegetable pulao+ yam kofta curry	2 serving pulao 4 pc. kofta	523kcal 465kcal
Snacks Carrot –herbed cream soup	1 large bowl	252kcal
Dinner Sprouted dal parantha+ dum aloo+ trifle pudding	3 parantha 1 medium bowl dum aloo 1 serving pudding	727kcal 290kcal 226kcal

Day2

Meal	serving	kcal
Breakfast Mango milkshake Butter toast stuffed with vegies	1 large glass 3 toast stuffed with vegies	236kcal 228kcal
Lunch Chana dal Vegetable pulao Nutria nugget sweet& sour curry	Chana dal- 2serving Pulao- 2 serving Nutria nugget- medium bowl	225kcal 304kcal 259kcal
Snacks Almond soup	1 large bowl	381kcal
Dinner Paneer in butter sauce +pea parnth+ apple crumb pudding	10 cubes paneer 3 parantha 1 medium size pudding	691kcal 465kcal 211kcal

Day 3

Meal	serving	kcal
Breakfast Squash fruit punch Vermicelli upma	1 medium glass 1 large bowl	436kcal 296kcal
Lunch Moong dal stuffed cheela Mustard sauce Curd Baingan bharta	2 cheela Small bowl sauce 1 medium bowl curd 1 serving bharta	366kcal 277kcal 110kcal 171kcal
Snacks Mixed vegetable soup Fried idli	1 large bowl 2 idli	146kcal 156kcal
Dinner Boiled rice Vegetable nargisi kofta curry Salad Date & nut pie	2 serving rice 3 pc. kofta – curry as per requirement 1 medium plate salad 1 slice of pie	154kcal 609kcal 23kcal 154kcal

Day 4

Meal	serving	kcal
Breakfast Vermicelli porridge Vegetable paneer stew	1 medium bowl porridge 1 medium bowl stew	290kcal 340kcal
Lunch Cauliflower parantha Kala chana+potato curry	3 parantha 2 serving curry	556kcal 273kcal
Snacks Cherries with walnut cookies	Handful cherries 4 cookie 1 fruit flan	212kcal 300kcal

Fruit flan		
Dinner	2 serving rice-curd	322kcal
Curd rice	½ bowl arbi	484kcal
Dry arbi[fried/roasted]	2 pc. barfi.	253kcal
Semolina barfi		

Day5

Meal	serving	kcal
Breakfast	1 glass milkshake	180kcal
Flavoured milkshake	1 medium bowl beans	200kcal
Boiled beans	½ bowl macroni	155kcal
macroni		
Lunch	2 serving	562kcal
Mexican rice	2 serving	342kcal
Vegetable curry with coconut		
Snacks	1 medium bowl soup	263kcal
Vegetable cream soup	4 tarts	420kcal
Cheese mushroom tarts		
Dinner	1 bowl curry- 4 kofta	288kcal
Palak kofta curry	3 pcs. Chapattis	244kcal
Chapattis	1 small bowl custard	346kcal
Caramel custard		

Day6

Meal	serving	kcal
Breakfast	1 glass mintade	137kcal
Mintade	1 dosa	261kcal
Vegetable stuffed dosa		

Lunch Besan gutte curry Sarson ka sag Tamrind rice	1 bowl curry 1 serving sag 2 serving rice	448kcal 156kal 507kcal
Snacks Vegetable cheese pan cake Kashmiri tea	1 pan cake- large size 1 cup	588kcal 50kcal
Dinner Fortified wheat flour – chapattis Urad sabud special mixed dal Pear chocolate sundae	3 chapatis 2 serving dal 1 small sundae	388kcal 355kcal 110kcal

Day 7

Meal	serving	kcal
Breakfast Mushroom cream soup appam	Medium bowl soup 4pc. appam	310kcal 201 kcal
Lunch Lemon rice Arhar with spinach Stuffed karela	2 serving rice 2 serving dal 2 stuffed karela	422kcal 158kcal 225kcal
Snacks Stewed fruit Soya chikki 2 bajra laddoo	1 bowl fruit 2 soya chikki 2 laddoo	104kcal 334kcal 246kcal
Dinner Beetroot roti Kamal gata kofta Creamy chocolate mouse	3 roti 2 pc. kofta- curry as per requirement 1 mouse	317kal 386kcal 297kcal

Note: This is a generalized Indian weight-gain eating plan. This Indian food plan for weight gain may or may not be appropriate for you. Although there is no harm in following this diet plan for weight gain, the results will be determined by suitability and your own body needs.

Smartfitness Aura