

# RAMADAN WEIGHT GAIN DIET PLAN

Here we can start iftar  
to Sheri.

**Meal 1 – 7pm like iftar**

*5 dates*

*2 banana*

*200 gram rice*

*100 gram Mix salad*

*4 eggs white*

*Whey protein*

*10 almonds*



*Total calories around = 1000*

## **Meal 2 - 9 to 10pm**

*Whey protein*

*200 gram sweet potato or normal potato*

*5 dates*

*Whole bread with peanut butter*

*Total calories around = 700*

## **Meal 3 - 12 to 1am before bed**

*200 gram chicken with olive oil*

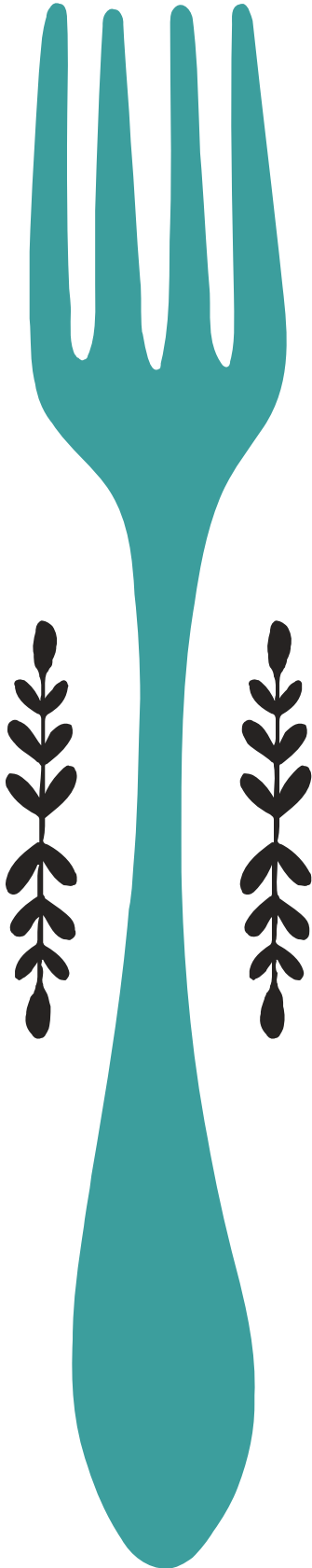
*100 gram grown rice*

*Total calories around = 550*

## **Meal 4 - 3 to 4 am like sheri**

*1 cup oats*

*1 cup milk*



*2 banana*

*4 eggs white*

*10 almonds or other dry fruits*

*100 gram dahi*

*1 roti*

*Total calories around = 1100*

***Grand total calories = 3350***

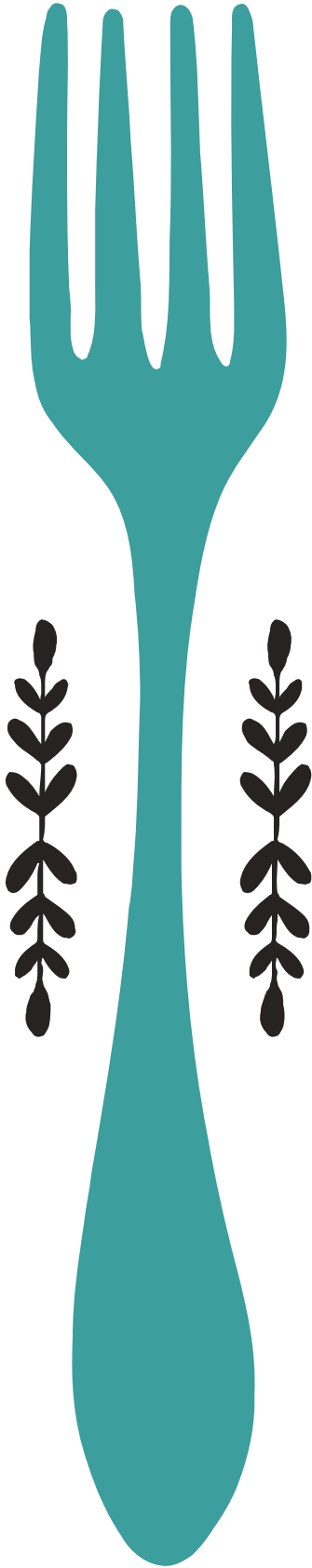
#### **NOTE**

Daily workout routine before iftari only 30 mints walk

And for muscle training you can after iftari

Max gym workout time 30 to 45 mints only in Ramadan

No super sets no drop sets no power set only normal workout.



*I hope this diet plan help you a lot during your Ramadan.*

*Stay happy stay fit and remember me in your prayers ☞*