

FOR WEIGHT GAIN

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GUILDLINE BY SANJAY G.M.

- In morning 2 eggs
- Eat Original Indrayani rice with cow ghee (Khichadi) or Potato etc.
- Eat more sweet
- Complete sleep 8 to 9 hours
- Eat Dates (खजूर) everyday
- Eat Jaggery alternate day
- 1 or 2 Bananas Alternate day
- Eat food 4 times in a day (Morning, Afternoon, Evening (5.00PM & Night)
- Sugarcane juice 2 time in 1 week
- Water 8-9 Glass in 1 day
- Honey 1 spoon alternate day
- Sugarcane eating by chewing increase hunger

With above diet normally around 2 kg weight will increase in a month.

Follow guideline under doctor's observation.