



FTG 7-Day Vegetarian Weight Gain Diet Plan

Premium FTG Nutrition diet plan designed for better performance, recovery, muscle support, fat management, and overall fitness goals.

Sample Daily Meal Structure

Meal	Example Meal Details
Breakfast	High protein breakfast with FTG supplement support
Mid Meal	Healthy snack with fruits, nuts or yogurt
Lunch	Balanced Indian meal with protein & complex carbs
Post Workout	FTG Alpha Isolate / Nitro Whey
Dinner	Light nutritious dinner with vegetables & protein

FTG Nutrition Guidelines

- Stay hydrated throughout the day
- Maintain workout consistency
- Sleep minimum 7–8 hours daily
- Avoid excessive junk food & sugar
- Follow meals regularly for best results

Expected Benefits

- Better recovery & stamina
- Improved body composition
- Lean muscle support
- Better fitness performance