

DIET PLAN

DAILY CALORIC GOAL:

ASSUME A TARGET OF 500-700 EXTRA CALORIES PER DAY ABOVE THE PERSON'S MAINTENANCE LEVEL, AS A GENERAL GUIDELINE FOR WEIGHT GAIN.

SAMPLE DIET PLAN:

BREAKFAST:

OATMEAL WITH NUT BUTTER AND BANANA

1 CUP OF COOKED OATMEAL

2 TABLESPOONS OF ALMOND OR PEANUT BUTTER

1 SLICED BANANA

1 TABLESPOON OF HONEY

1 CUP OF WHOLE MILK

MID-MORNING SNACK:

SMOOTHIE

1 CUP OF WHOLE MILK OR A PLANT-BASED MILK WITH ADDED PROTEIN

1 SCOOP OF PROTEIN POWDER

1 TABLESPOON OF CHIA SEEDS

1/2 CUP OF GREEK YOGURT

1 CUP OF MIXED BERRIES

1 TABLESPOON OF ALMOND BUTTER

LUNCH:

GRILLED CHICKEN WRAP

1 LARGE WHOLE-GRAIN TORTILLA

1 GRILLED CHICKEN BREAST (ABOUT 4-6 OZ)

1/2 AVOCADO, SLICED

MIXED GREENS (SPINACH, ARUGULA)

1/4 CUP OF SHREDDED CHEESE

2 TABLESPOONS OF HUMMUS OR A YOGURT-BASED DRESSING

1 SIDE OF SWEET POTATO FRIES

AFTERNOON SNACK:

TRAIL MIX AND GREEK YOGURT

1/4 CUP OF TRAIL MIX (NUTS, SEEDS, DRIED FRUIT)

1 CUP OF FULL-FAT GREEK YOGURT

1 TABLESPOON OF HONEY

DINNER:

SALMON WITH QUINOA AND VEGETABLES

1 SERVING OF BAKED SALMON (ABOUT 6 OZ)

1 CUP OF COOKED QUINOA

1 CUP OF STEAMED BROCCOLI OR ASPARAGUS

1 TABLESPOON OF OLIVE OIL OR BUTTER ON VEGETABLES

1 SMALL SIDE SALAD WITH OLIVE OIL AND BALSAMIC VINEGAR

EVENING SNACK:

COTTAGE CHEESE WITH FRUIT

1 CUP OF FULL-FAT COTTAGE CHEESE

1/2 CUP OF PINEAPPLE CHUNKS OR SLICED PEACHES

1 HANDFUL OF WALNUTS OR ALMONDS

ADDITIONAL TIPS:

1. **HYDRATION:** DRINK PLENTY OF WATER THROUGHOUT THE DAY, BUT AVOID FILLING UP ON WATER BEFORE MEALS TO ENSURE YOU HAVE AN APPETITE.
2. **HEALTHY FATS:** INCORPORATE HEALTHY FATS INTO YOUR DIET SUCH AS AVOCADOS, NUTS, SEEDS, AND OILS LIKE OLIVE OIL AND COCONUT OIL.
3. **REGULAR MEALS:** EAT AT REGULAR INTERVALS (EVERY 3-4 HOURS) TO ENSURE CONSISTENT CALORIE INTAKE.
4. **STRENGTH TRAINING:** COMBINE YOUR DIET WITH A STRENGTH TRAINING ROUTINE TO BUILD MUSCLE MASS, WHICH WILL HELP YOU GAIN WEIGHT IN A HEALTHY WAY.
5. **MONITOR PROGRESS:** KEEP TRACK OF YOUR WEIGHT AND ADJUST YOUR CALORIC INTAKE AS NEEDED TO CONTINUE GAINING WEIGHT AT A STEADY PACE.

EXAMPLE CALORIC BREAKDOWN:

BREAKFAST: ~600-700 CALORIES

MID-MORNING SNACK: ~400-500 CALORIES

LUNCH: ~700-800 CALORIES

AFTERNOON SNACK: ~300-400 CALORIES

DINNER: ~700-800 CALORIES

EVENING SNACK: ~200-300 CALORIES

THIS PLAN TOTALS APPROXIMATELY 2900-3500 CALORIES, WHICH SHOULD BE ADJUSTED BASED ON INDIVIDUAL NEEDS AND ACTIVITY LEVELS. MAKE SURE TO CONSULT WITH A HEALTHCARE PROFESSIONAL OR A REGISTERED DIETITIAN TO TAILOR THE PLAN TO SPECIFIC DIETARY NEEDS AND HEALTH CONDITIONS.