

# TOTAL FITNESS

## Weight gain:

### Day 1:

#### **BREAKFAST :**

2 servings Vegan Freezer Breakfast Burritos, 1 cup strawberries.

Lunch:

2 servings Vegetable & Tuna Pasta Salad, 1 cup mango chunks.

#### **Dinner :**

1 serving Sheet-Pan Maple-Mustard Pork Chops and Carrots, 1½ cups Easy Brown Rice.



## Day 2:

### **BREAKFAST :**

1 serving Raspberry Peach Mango Smoothie Bowl, 1 hard-boiled egg.

### **LUNCH:**

1 serving Roasted Butternut Squash & Root Vegetables with Cauliflower Gnocchi, 1 slice whole-wheat toast with 1 tsp. unsalted butter.

### **DINNER:**

2 servings Philly Cheese Steak Sloppy Joes, 2 cups fresh spinach & 1 cup shredded carrots topped with ½ Tbsp. olive oil & ½ Tbsp. balsamic vinegar.



## Day 3:

### **BREAKFAST:**

2 servings Maple-Nut Granola, 1 cup 2% milk.

### **LUNCH:**

1 serving Roasted Butternut Squash & Root Vegetables with Cauliflower Gnocchi 1 slice whole-wheat toast with 1 tsp. unsalted butter.

### **DINNER:**

2 servings Creamy Chicken, Brussels Sprouts and Mushroom One-Pot Pasta.





## Day 4:

### BREAKFAST:

2 servings Maple-Nut Granola, 1 cup 2% milk.

### LUNCH:

1 serving Roasted Butternut Squash & Root Vegetables with Cauliflower Gnocchi

1 slice whole-wheat toast with 1 tsp. unsalted butter.

### DINNER:

1 serving Southern Style Oven-Fried Chicken, 1 serving Greek Potato Salad, 1 serving Garlicky Green Beans.



## Day 5:

### BREAKFAST:

1 serving Raspberry Peach Mango Smoothie Bowl, 2 hard-boiled eggs.

### LUNCH:

1 serving Roasted Butternut Squash & Root Vegetables with Cauliflower Gnocchi, 1 slice whole-wheat toast with 1 tsp. unsalted butter.

### Dinner :

2 servings Green Goddess Salad with Chicken, 1 slice whole-wheat toast with 1 tsp. unsalted butter.





## Day6:

### Breakfast:

1serving Raspberry Peach Mango Smoothie Bowl, 1 medium orange, 2 hard-boiled eggs.

### Lunch :

1servings Creamy Avocado and White Bean Wraps, 1 cup strawberries.

### Dinner :

2 servings Tortilla Chip Flounder with Black Bean Salad.



## Day 7:

1serving Vegan Freezer Burritos, 1 medium banana, 2 Tbsp. peanut butter.

### Lunch:

2servings Creamy Avocado and White Bean Wraps.

### Dinner :

1 serving Creamed Spinach-Stuffed Salmon, 2 servings Garlicky Green Beans,  $\frac{3}{4}$  cup Easy Brown Rice.





## Day 8:

### Breakfast:

1 cup (80 grams) of oats with 1 cup (240 ml) of dairy or plant-based milk, 1 sliced banana, and 2 tablespoons (33 grams) of peanut butter

### Lunch:

1 cup (100 grams) of spaghetti with  $\frac{3}{4}$  cups (183 grams) of tomato sauce and 4 ounces (112 grams) of cooked ground beef, as well as 1 medium breadstick with 1 tablespoon (14 grams) of butter

### Dinner:

4 ounces (110 grams) of salmon, 1 cup (100 grams) of brown rice, and 5 asparagus spears





## Day 9:

### Breakfast:

smoothie made with 2 cups (480 ml) of dairy or plant-based milk, 1 cup (227 grams) of yogurt, 1 cup (140 grams) of blueberries, and 2 tablespoons (33 grams) of almond butter

### Lunch:

12-inch sub sandwich with meat, cheese, and veggies with 3 ounces (85 grams) of baby carrots, 2 tablespoons (28 grams) of hummus, and apple slices on the side

### Dinner:

4-ounce (113-gram) sirloin steak, 1 medium-sized (173-gram) baked potato with 1 tablespoon (14 grams) of butter, and 1 cup (85 grams) of broccoli



## Day 10:

### Breakfast:

3 whole-wheat waffles with 2 tablespoons (33 grams) of peanut butter, 1 orange, and 2 cups (480 ml) of dairy or plant-based milk

### Lunch:

6-ounce (170-gram) 90%-lean burger on a whole-wheat bun with 1 tomato slice and lettuce leaf, as well as 1 ½ cup (86 grams) of homemade sweet potato fries cooked in olive oil

### Dinner:

4-ounce (112-gram) chicken breast, ½ cup (84 grams) of quinoa, and 1 1/3 cups (85 grams) of sugar snap peas





## Day 11:

### Breakfast:

3-egg omelet with sliced onions, red and green bell peppers, and ¼ cup (28 grams) of shredded cheese with 2 cups (480 ml) of dairy or plant-based milk to drink

### Lunch:

8 ounces (226 grams) of tilapia fillets, ¼ cup (32 grams) of lentils, and a salad topped with ¼ cup (30 grams) of walnuts

### Dinner:

turkey chili made with a 4-ounce (114-gram) turkey breast, chopped onions, garlic, celery, and sweet peppers, ½ cup (123 grams) of canned, diced tomatoes, and ½ cup (120 grams) of cannellini beans, topped with ¼ cup (28 grams) of shredded cheese. Add oregano, bay leaves, chili powder, and cumin as desired for taste.



## Day 12:

### Breakfast:

3 whole eggs, 1 apple, and 1 cup (80 grams) of oatmeal made with 1 cup (240 ml) of dairy or plant-based milk

### Lunch:

6-ounce (168-gram) chicken breast, 1 medium-sized (151-gram) sweet potato,  $\frac{3}{4}$  cup (85 grams) of green beans, and 1 ounce (28 grams) of nuts

### Dinner:

burrito bowl with 6 ounces (170 grams) of chopped sirloin steak,  $\frac{1}{2}$  cup (130 grams) of black beans,  $\frac{1}{2}$  cup (90 grams) of brown rice, 1 cup (35 grams) of shredded lettuce and spinach, and 2 tablespoons (16 grams) of salsa





## Day 13:

### Breakfast:

**2 stuffed parantha and 1 cup curd**

### Lunch:

**2-3 roti with 1 bowl vegetable (potato, bottle gourd, lady finger), 1 bowl dal, and 1 bowl of rice**

**Evening Snack: Toast with peanut butter and jam**

### Dinner:

**2-3 roti with mixed vegetables, 1 bowl chickpea curry, 1 bowl rice, salad, and curd**



## Day 14:

### Breakfast:

2 spinach filled parantha with 1 cup curd and tea/coffee of choice

### Lunch:

1 bowl chicken or tofu Chinese curry with 2 bowls of fried rice and fresh juice of choice Even

### Dinner:

2 multigrain roti with egg bhurji, 1 bowl salad, 1 bowl fruits chaat





## Day 15:

### Breakfast:

3-4 Idli with 1 bowl of sambar, and peanut coconut chutney

### Lunch:

1 bowl of rajma with 1 bowl of rice, 1 bowl cucumber raita, and 1 bowl of salad

Evening Snack: Any jam or spread sandwich with tea/coffee of choice

### Dinner:

1-2 bowls of cheesy baked wheat lasagna or pasta with sautéed vegetables on the side Late Night: Any dessert of choice



## Day 16:

### Breakfast:

2 egg omelets with onions and other vegetables of choice with 2 buttered toast

### Lunch:

2 stuffed parantha with 1 bowl of curd and tea/coffee

### Dinner:

1 bowl of dal makhani with 2 plain paranthas, vegetable sabzi, and salad





## Day 17:

### Breakfast:

1 glass banana milkshake, scrambled eggs, and 2 buttered toast

### Lunch:

1 bowl of paneer sabzi with 2 roti, 1 bowl of chana dal, 1 bowl of rice, and salad

### Dinner:

2 bowls of sambar dal with 2 bowls of rice, salad, and fruits chaat.



## Day 18:

### Breakfast:

4 oats pancakes with chocolate syrup or honey, topped with 1 scoop of vanilla ice cream and nuts

### Lunch:

1 bowl of soya granules sabzi, 2 plain paranthas, 1 bowl of boondi raita

### Dinner:

2 bowls of egg fried rice, with 1 bowl of chilli chicken/tofu/paneer





## Day 19:

### Breakfast:

4-5 pieces of bread pakoda with tea/coffee

### Lunch:

1 bowl of palak paneer with 2-3 roti, 1 bowl of curd, and salad

### Dinner:

1 bowl of teriyaki chicken or tofu sautéed with vegetables and 2 bowls of fried rice



## Day 20:

### Breakfast:

3 Scrambled Eggs

3 slices Wheat Toast, buttered Glass of Orange Juice

### Lunch:

100g Chicken Breast (cooked), 2 pieces lean Back Bacon (grilled) 1 Avocado, 80g Mixed Salad Leaves, Tomatoes, Cucumber Dressing: 1 Tbsp Olive Oil, Vinegar, Seasoning

### Dinner:

3 slices Meatloaf (1 inch each) Carrot

200g Mashed Potato, carrot





## Day 21:

### Breakfast:

1 cup (80 grams) of oats with 1 cup (240 ml) of dairy or plant-based milk, 1 sliced banana, and 2 tablespoons (33 grams) of peanut butter

### Lunch:

1 cup (100 grams) of spaghetti with  $\frac{3}{4}$  cups (183 grams) of tomato sauce and 4 ounces (112 grams) of cooked ground beef, as well as 1 medium breadstick with 1 tablespoon (14 grams) of butter

### Dinner:

4 ounces (110 grams) of salmon, 1 cup (100 grams) of brown rice, and 5 asparagus spears



## Day 22:

### Breakfast:

smoothie made with 2 cups (480 ml) of dairy or plant-based milk, 1 cup (227 grams) of yogurt, 1 cup (140 grams) of blueberries, and 2 tablespoons (33 grams) of almond butter

### Lunch:

12-inch sub sandwich with meat, cheese, and veggies with 3 ounces (85 grams) of baby carrots, 2 tablespoons (28 grams) of hummus, and apple slices on the side

### Dinner:

4-ounce (113-gram) sirloin steak, 1 medium-sized (173-gram) baked potato with 1 tablespoon (14 grams) of butter, and 1 cup (85 grams) of broccoli





## Day 23:

### Breakfast:

3 whole-wheat waffles with 2 tablespoons (33 grams) of peanut butter, 1 orange, and 2 cups (480 ml) of dairy or plant-based milk

### Lunch:

6-ounce (170-gram) 90%-lean burger on a whole-wheat bun with 1 tomato slice and lettuce leaf, as well as 1 ½ cup (86 grams) of homemade sweet potato fries cooked in olive oil

### Dinner:

4-ounce (112-gram) chicken breast, ½ cup (84 grams) of quinoa, and 1 1/3 cups (85 grams) of sugar snap peas



## Day 24:

### Breakfast:

3-egg omelet with sliced onions, red and green bell peppers, and  $\frac{1}{4}$  cup (28 grams) of shredded cheese with 2 cups (480 ml) of dairy or plant-based milk to drink

### Lunch:

8 ounces (226 grams) of tilapia fillets,  $\frac{1}{4}$  cup (32 grams) of lentils, and a salad topped with  $\frac{1}{4}$  cup (30 grams) of walnuts

### Dinner:

turkey chili made with a 4-ounce (114-gram) turkey breast, chopped onions, garlic, celery, and sweet peppers,  $\frac{1}{2}$  cup (123 grams) of canned, diced tomatoes, and  $\frac{1}{2}$  cup (120 grams) of cannellini beans, topped with  $\frac{1}{4}$  cup (28 grams) of shredded cheese. Add oregano, bay leaves, chili powder, and cumin as desired for taste.





## Day 25:

### Breakfast:

3 whole eggs, 1 apple, and 1 cup (80 grams) of oatmeal made with 1 cup (240 ml) of dairy or plant-based milk

### Lunch:

6-ounce (168-gram) chicken breast, 1 medium-sized (151-gram) sweet potato,  $\frac{3}{4}$  cup (85 grams) of green beans, and 1 ounce (28 grams) of nuts

### Dinner:

burrito bowl with 6 ounces (170 grams) of chopped sirloin steak,  $\frac{1}{2}$  cup (130 grams) of black beans,  $\frac{1}{2}$  cup (90 grams) of brown rice, 1 cup (35 grams) of shredded lettuce and spinach, and 2 tablespoons (16 grams) of salsa



## Day 26:

### Breakfast:

2 eggs, 1 cup (20 grams) of spinach,  $\frac{1}{4}$  cup (24 grams) of mushrooms,  $\frac{1}{4}$  cup (23 grams) of broccoli, 1 cup (205 grams) of sautéed sweet potatoes 1 tablespoon (15 ml) of olive

### Lunch:

1 whole-wheat pita, 5 ounces (140 grams) of canned tuna Chopped red onion and celery,  $\frac{1}{4}$  avocado

1 tablespoon (9 grams) of crumbled feta cheese Snack: cheese and grapes

2 ounces (56 grams) of cheddar cheese 1 cup (92 grams) of grams

### Dinner:

salmon with veggies and wild rice 5 ounces (140 grams) of baked salmon, 2 tablespoons (30 ml) of olive oil,

$\frac{1}{2}$  cup (82 grams) of cooked wild rice, 1 cup (180 grams) of roasted asparagus 1 cup (100 grams) of roasted eggplant





## Day 27:

### Breakfast:

nut butter and banana toast 2 slices of whole-grain toast  
tablespoons (32 grams) of almond butter 1 sliced banana  
Cinnamon to sprinkle on top

### Lunch:

avocado-tuna salad, ½ avocado, 5 ounces (140 grams) of canned tuna, ½ cup (75 grams) of cherry tomatoes, 2 cups (100–140 grams) of mixed greens

### Dinner:

chicken and broccoli stir-fry 5 ounces (140 grams) of chicken, 2 cups (176 grams) of broccoli, ½ cup (82 grams) of cooked brown rice Fresh garlic and ginger, 1 tablespoon (15 ml) of soy sauce



## Day 28:

### Breakfast:

berry yogurt parfait, 7 ounces (200 grams) of plain Greek yogurt, ½ cup (74 grams) of fresh blueberries, ½ cup (76 grams) of sliced strawberries, ¼ cup (30 grams) of granola

### Lunch:

peanut noodles with tofu and peas cup (132 grams) of cooked rice noodles, 5 ounces (141 grams) of tofu, ½ cup (125 grams) of peas, 1 tablespoon (16 grams) of creamy peanut butter 2 teaspoons (10 grams) of tamari or soy sauce, ½ teaspoon (2 grams) of Sriracha 2 teaspoons (14 grams) of honey Juice of ½ lime

### Dinner:

Fish tacos, 3 corn tortillas, 6 ounce grilled cod, ½ avocado





## Day 29:

### Breakfast:

avocado toast with egg, ½ avocado, 2 slices of whole-wheat toast, 1 tablespoon (15 ml) of olive oil 1 egg

### Lunch:

Grilled vegetable and mozzarella wrap 1 whole-wheat tortilla

½ cup (60 grams) of grilled red peppers

5 slices (42 grams) of grilled zucchini

3 ounces (84 grams) of fresh mozzarella

### Dinner:

Pasta with pesto, peas, and shrimp 2 tablespoons (30 grams) of pesto

½ cup (42 grams) of whole-wheat or brown-rice penne 6 ounces (170 grams) of shrimp

½ cup (80 grams) of peas

1 tablespoon (5 grams) of grated Parmesan cheese



## Day 30:

### Breakfast:

oatmeal with seeds and dried fruit

½ cups (80 grams) of steel-cut oats

1 tablespoon (14 grams) of hemp seeds 1 tablespoon (12 grams) of flax seeds

2 tablespoons (20 grams) of dried cherries

### Lunch:

Tuna salad sandwich.

### Dinner:

pasta with pesto, peas, and shrimp 2 tablespoons (30 grams) of pesto

½ cup (42 grams) of whole-wheat or brown-rice penne 6 ounces (170 grams) of shrimp

½ cup (80 grams) of peas

1 tablespoon (5 grams) of grated Parmesan cheese

