

DIET PLAN TO GAIN WEIGHT

1. **Monday**

- Breakfast: Oatmeal with milk, nuts, and a banana
- Lunch: Grilled chicken with quinoa and mixed vegetables
- Snack: Greek yogurt with honey
- Dinner: Salmon with brown rice and steamed broccoli

2. **Tuesday**

- Breakfast: Whole-grain toast with peanut butter and an apple
- Lunch: Turkey sandwich with avocado and spinach on whole-grain bread
- Snack: Smoothie with mixed berries, spinach, and protein powder
- Dinner: Beef stir-fry with mixed vegetables and brown rice

3. **Wednesday**

- Breakfast: Scrambled eggs with spinach and whole-grain toast
- Lunch: Tuna salad with chickpeas, olive oil, and mixed greens
- Snack: Cottage cheese with pineapple
- Dinner: Chicken breast with sweet potato and green beans

4. **Thursday**

- Breakfast: Pancakes with maple syrup and strawberries
- Lunch: Whole-grain pasta with ground turkey and marinara sauce
- Snack: Protein bar
- Dinner: Baked cod with quinoa and roasted vegetables

5. **Friday**

- Breakfast: Smoothie with banana, almond butter, and oats
- Lunch: Chicken Caesar salad with whole-grain croutons
- Snack: Trail mix with nuts and dried fruit
- Dinner: Pork chops with mashed potatoes and steamed asparagus

6. **Saturday**

- Breakfast: Avocado toast with poached eggs

- Lunch: Grilled cheese sandwich with tomato soup
- Snack: Hard-boiled eggs and carrot sticks
- Dinner: Beef tacos with lettuce, cheese, and salsa