

[weight gain meal plans.](#)

Day 1

2947 Calories - 175g Protein - 224g Carbs - 150g Fat

Breakfast: 836 Calories - 36g Protein - 78g Carbs - 43g Fat

Food Items	Calories
3 Scrambled Eggs	221
3 slices Wheat Toast, buttered	497
Glass of Orange Juice	118

Snack 1: 105 Calories - 1g Protein - 27g Carbs - 0g Fat

Food Items	Calories
Banana	105

Lunch: 776 Calories - 53g Protein - 21g Carbs - 55g Fat

Chicken, Bacon & Avocado Salad	Calories
100g Chicken Breast (cooked), 2 pieces lean Back Bacon (grilled)	303
1 Avocado, 80g Mixed Salad Leaves, 50g Tomatoes, Cucumber	354
Dressing: 1 Tbsp Olive Oil, Vinegar, Seasoning	119

Snack 2: 160 Calories - 4g Protein - 3g Carbs - 14g Fat

Food Items	Calories
25g Unsalted Nuts=20 pea nuts	160

Dinner: 881 Calories - 78g Protein - 88g Carbs - 22g Fat

Food Items	Calories
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3 slices Meatloaf (1 inch each)	603
200g Mashed Potato	166
80g Peas, 2 Carrots	112

Desert: 189 Calories - 3g Protein - 7g Carbs - 16g Fat

Food Items	Calories
30g Dark Chocolate	189

Day 2

3010 Calories - 122g Protein - 320g Carbs - 137g Fat

Breakfast: 806 Calories - 28g Protein - 110g Carbs - 27g Fat

Peanut Butter, Banana & Honey Sandwiches	Calories
4 slices Whole-Wheat Bread	352
3 tbsp Peanut Butter	285
1 Banana, 3 tsp Honey	169

Snack 1: 222 Calories - 5g Protein - 29g Carbs - 8g Fat

Food Items	Calories
1 Apple (sliced), 1 tbsp Peanut butter	222

Lunch: 901 Calories - 41g Protein - 97g Carbs - 42g Fat

Baked Potato with Tuna & Sweet Corn	Calories
2 Baked Potatoes (200g each)	428
100g Tuna, 80g Sweet Corn, 1 tbsp Mayonnaise	342
Green Salad dressed with 1 tbsp Olive Oil, Vinegar, Seasoning	131

Snack 2: 445 Calories - 7g Protein - 35g Carbs - 31g Fat

Food Items	Calories
1 Avocado (mashed), on 3 Rye Crackers	445

Dinner: 636 Calories - 41g Protein - 49g Carbs - 29g Fat

Food Items	Calories
4 Chicken Thighs (grilled/roasted)	259
150g (uncooked weight) Brown Rice	179
Roast Mediterranean Vegetables (zucchini, red onion, capsicum, eggplant etc.) in 1 tbsp Olive Oil	198

Day 3**2904 Calories - 133g Protein - 336g Carbs - 111g Fat****Breakfast: 843 Calories - 28g Protein - 117g Carbs - 27g Fat**

Banana, Honey & Nut Oatmeal	Calories
65g Oats, 300ml Whole Milk	425
1 Banana, 25g Nuts, 2 tsp Honey	300
Glass of Orange Juice	118

Snack 1: 119 Calories - 2g Protein - 15g Carbs - 6g Fat

Food Items	Calories
Granola Bar	119

Lunch: 1000 Calories - 52g Protein - 92g Carbs - 44g Fat

Salmon & Salad Pittas	Calories
200g Canned Salmon	360
2 Whole-Wheat Pitta Breads	308
2 tbsp Mayonnaise, Salad	222
1 Apple	110

Snack 2: 193 Calories - 5g Protein - 42g Carbs - 1g Fat

Food Items	Calories
1 Mashed Banana on 1 slice Wheat Toast	193

Dinner: 599 Calories - 34g Protein - 53g Carbs - 29g Fat

Food Items	Calories
Large Cod Fillet (150g)	123
300g Potato Wedges, cooked in 1 tbsp Oil	344
Mixed Salad Leaves, 1 tbsp Olive Oil, seasoning	132

Desert: 150 Calories - 12g Protein - 17g Carbs - 4g Fat

Food Items	Calories
1 Fruit Yogurt	150

Day 4

3007 Calories - 123g Protein - 417g Carbs - 93g Fat

Breakfast: 802 Calories - 24g Protein - 101g Carbs - 33g Fat

Food Items	Calories
50g Granola, 30g Oats, 150ml Whole Milk	443
25g Nuts & 25g Raisins	241
Glass of Orange Juice	118

Snack 1: 105 Calories - 1g Protein - 27g Carbs - 0g Fat

Food Items	Calories
Banana	105

Lunch: 758 Calories - 41g Protein - 123g Carbs - 14g Fat

Food Items	Calories
1 serving Squash, Lentil & Bean One-Pot (Recipe)	608
Fruit Yogurt	150

Snack 2: 203 Calories - 9g Protein - 12g Carbs - 11g Fat

Food Items	Calories
30g Cheese, 2 Rye Crackers	203

Dinner: 959 Calories - 46g Protein - 110g Carbs - 35g Fat

Food Items	Calories
1 serving Bolognaise (Recipe)	318
150g Whole-Wheat Spaghetti	510
Mixed Salad Leaves, 1 tbsp Olive Oil, seasoning	131

Snack 3: 180 Calories - 2g Protein - 44g Carbs - 0g Fat

Food Items	Calories
9 Dried Apricots	180

Day 5**3094 Calories - 174g Protein - 255g Carbs - 142g Fat****Breakfast: 802 Calories - 24g Protein - 101g Carbs - 33g Fat**

Food Items	Calories
50g Granola, 30g Oats, 150ml Whole Milk	443
25g Nuts & 25g Raisins	241
Glass of Orange Juice	118

Snack 1: 160 Calories - 4g Protein - 3g Carbs - 14g Fat

Food Items	Calories
25g Unsalted Nuts	160

Lunch: 1028 Calories - 53g Protein - 89g Carbs - 30g Fat

Food Items	Calories
1 serving Tomato & Seafood Stew (Recipe)	560
Buttered Whole-Wheat Roll	358
1 Apple	110

Snack 2: 200 Calories - 8g Protein - 15g Carbs - 9g Fat

Food Items	Calories
1 tbsp Peanut Butter, 1 slice Whole-Wheat Bread	200

Dinner: 715 Calories - 82g Protein - 40g Carbs - 40g Fat

Food Items	Calories
1 serving Chicken Casserole (Recipe)	629
100g Cabbage	24
80g Peas	62

Desert: 189 Calories - 3g Protein - 7g Carbs - 16g Fat

Food Items	Calories
30g Dark Chocolate	189

Day 6**4083 Calories - 201g Protein - 368g Carbs - 170g Fat****Breakfast: 960 Calories - 49g Protein - 67g Carbs - 55g Fat**

Food Items	Calories
3 Poached Eggs, 2 Slices Whole-Wheat Toast, buttered	553
2 pieces Lean Back Bacon, grilled	138
Mushroom & Tomatoes, 1 tbsp Olive Oil, grilled	151
Glass of Orange Juice	118

Snack 1: 305 Calories - 9g Protein - 42g Carbs - 9g Fat

Food Items	Calories
1 slice Whole-Wheat Bread, 1 tbsp Peanut Butter, 1 Banana, sliced	305

Lunch: 858 Calories - 56g Protein - 30g Carbs - 28g Fat

Tuna & Bean Salad	Calories
150g Tuna, 1/2 can Mixed Beans	477
Salad Leaves, 1 tbsp Olive Oil	131
Whole-Wheat Roll	250

Snack 2: 380 Calories - 8g Protein - 46g Carbs - 18g Fat

Food Items	Calories
30g Nuts, 9 Dried Apricots	380

Dinner: 1279 Calories - 65g Protein - 141g Carbs - 50g Fat

Chicken & Cashew Stir-Fry	Calories
150g Chicken, 40g Cashew Nuts	398
100g Mixed Vegetables (cabbage, carrots, broccoli)	37
2 tbsp Oil, 1 tbsp Honey, 1 tbsp Soy Sauce	322
150g Whole-Wheat Noodles	522

Snack 3: 280 Calories - 14g Protein - 36g Carbs - 10g Fat

Oatmeal	Calories
40g Oats, 200ml Whole Milk, 1 tsp Honey	280

Day 7

3999 Calories - 165g Protein - 413g Carbs - 180g Fat

Breakfast: 1052 Calories - 38g Protein - 141g Carbs - 38g Fat

Protein Pancakes, Fruit, Yogurt	Calories
Pancakes (2 Eggs, 40g Whole-Wheat Flour, 30g Ground Almonds, 150ml Whole Milk, 1 Mashed Banana)	675
Toppings: Fruit, 50g Greek Yogurt, 2 tsp Honey	202
1 glass Prune Juice	175

Snack 1: 203 Calories - 9g Protein - 12g Carbs - 11g Fat

Food Items	Calories
30g Cheese, 2 Rye Crackers	203

Lunch: 1145 Calories - 51g Protein - 95g Carbs - 65g Fat

Sardines on Toast, Avocado Salad	Calories
140g Canned Sardines, mashed on 3 slices Whole-Wheat Bread	564
Salad Leaves, 1 Avocado, 50g Tomatoes, 1 tbsp Olive Oil	471
1 Apple	110

Snack 2: 315 Calories - 9g Protein - 38g Carbs - 13g Fat

Food Items	Calories
50g Granola, 150ml Whole Milk	315

Dinner: 1095 Calories - 55g Protein - 120g Carbs - 37g Fat

Food Items	Calories
200g Roast Beef	358
300g Roast Potatoes	447
Mixed Vegetables (carrots, peas, parsnips, sweet corn)	290

Desert: 189 Calories - 3g Protein - 7g Carbs - 16g Fat

Food Items	Calories
30g Dark Chocolate	189