

Weight Gain Meal Plan

Meal Planning Tips

- Eat every 2-3 hours and within 30 minutes after a workout
- Include whole grain carbohydrate and lean protein with every meal and snack
- Add 2 Tbsp peanut butter to items like toast, bagels, waffles, oatmeal, crackers, shakes, etc.
- Add whole wheat bread, rolls, or cheese toast to meals
- Add granola to cereal, trail mix, yogurt, oatmeal, and ice cream
- Add avocado to salads, sandwiches, wraps, lean burgers, chips, crackers, dips • Eat sandwiches on wheat buns, subs, or bagels instead of on bread or a thin wrap
- Choose high-calorie cereals, energy bars, granola bars, yogurts, etc.
- Cook vegetables and meat in extra virgin olive oil
- Make shakes with high-calorie shake powder and add ingredients like peanut butter, honey, chocolate syrup, ice cream, etc.
- Add nuts to cereal, granola, trail mix, oatmeal, yogurt, parfaits, ice cream, and salads, and eat plain as a snack
- Drink 2% milk, low-fat chocolate milk, meal-replacement shake, and/or 100% juice with meals and snacks
- Eat a snack right before you go to bed, 7 days a week
- If you skip breakfast, eat an extra snack/smoothie sometime throughout the day

Recommended Foods

Choose high-calorie, nutrient-dense foods instead of low-fat, low-calorie options. Examples include the following:

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| • Whole wheat bagels | • Pasta dishes | • 2% milk |
| • Oatmeal | • Muffins | • Full-fat yogurts |
| • Granola | • Nut-based granola bars | • Cheese |
| • Cereals with nuts and granola (1 serving = 200 calories or more) | • Trail mix | • 100% juice |
| • Whole grain chips | • Peanut butter | • High-calorie protein powders |
| | • Nuts/seeds/flaxseed | • Lean cuts of red meat |
| | • Avocado | • Salmon |
| | • Olive oil | |

Day Menu (3,500-3,800 calories)

Meal	Menu
Breakfast (700-800 calories)	2 whole wheat tortillas each with $\frac{1}{4}$ cup <i>or</i> 1 slice 2% cheese, 1 scrambled egg and 2-3 oz lean Canadian bacon 1 fruit 8 oz 2% milk
Snack (350 calories)	1 whole wheat mini bagel with 2 Tbsp peanut butter and 2 Tbsp all-natural jelly
Lunch (700-800 calories)	1 whole wheat pita with 6 oz chicken breast, $\frac{1}{2}$ cup 2% grated cheese, lettuce, tomato, and sauce 15 whole wheat crackers <i>or</i> baked chips 1 banana 16 oz low-fat chocolate milk <i>or</i> 100% juice
Post-Workout Snack (250-350 calories)	200-250 calorie energy/protein bar 20 oz sports drink
Dinner (700-800 calories)	6-8 oz meat, palm size (chicken, fish, beef, pork) 2 cups vegetables 2 cups carbohydrate item (pasta, rice, potato, sweet potato, peas, crackers, beans, corn, fruit) Side salad with dressing, if desired 16 oz 2% milk
Snack	Shake made with: 2 scoops high-calorie protein powder in 16 oz 2% milk 1 thick and creamy yogurt 1 banana

Day Menu (5,100-5,400 calories)

Meal	Menu
Breakfast (1000 calories)	2 packets instant oatmeal or 1 cup (dry) steel-cut oats Mix ½ scoop whey protein powder and 1 Tbsp peanut butter in oatmeal 2 eggs and 2 whites scrambled with grated 2% cheese 16-20 oz 2% milk
Snack (500 calories)	1 cup high-calorie cereal (200-300 calories per cup) 4 Tbsp nuts 2 Tbsp raisins
Lunch (1000 calories)	Roll ups: 6 oz turkey, ham, and roast beef with 3 slices 2% cheese 20 whole wheat crackers <i>or</i> baked chips <i>or</i> pretzels 1 fruit 1 yogurt with ½ cup granola 1 cookie 16 oz 2% milk
Snack (400-500 calories)	Peanut butter and jelly sandwich on whole wheat bread (1½ Tbsp peanut butter and 1 Tbsp jelly) 1 banana
Post-Workout Snack (400 calories)	¼ scoop regular whey protein powder in 12 oz 2% milk ½ whole wheat bagel with 1-2 Tbsp light, whipped cream cheese
Dinner (1000 calories)	100% whole grain wheat hamburger bun, 8 oz lean ground meat (90/10) patty, lettuce, tomato, 2 Tbsp sauce, mustard, 1 slice Swiss cheese 3 cups sweet potato fried cooked with olive oil Salad with dressing <i>or</i> veggie 16-20 oz 2% milk
Snack (750-900 calories)	Shake made with: 2 scoops high-calorie protein powder in 16 oz 2% milk 2 oatmeal bars/squares <i>or</i> muffin bars

Snacks

400-Calorie Snacks

- Large whole wheat bagel with 2 Tbsp peanut butter
- Trail mix: 1 cup dry cereal, ¼ cup granola, and 20 nuts
- Granola bar, 1 fruit, 2 servings 2% string cheese
- Oatmeal square and 12 oz 2% milk
- 2 Tbsp peanut butter and banana on wheat bread
- 1 yogurt with ¼ cup granola, ½ cup fruit, and 15 nuts
- Large whole wheat bagel with 3-4 slices ham, 2 slices 2% cheese, and 1 serving wheat crackers *or* pretzels
- 20 oz low-fat chocolate milk and 1 Tbsp peanut butter on wheat bread
- 300 calorie energy bar, 1 banana, and 16 oz 2% milk
- 20 oz smoothing with protein and 250-300 calorie energy bar
- 2 Tbsp peanut butter and 2 Tbsp jelly on wheat bread, 1 bag baked chips, and 1 fruit
- 2 cups cereal with 2% milk, sprinkle 3 Tbsp almonds in cereal, 1 yogurt *or* 2% string cheese

800-Calorie Snacks

- 2 cups high-calorie cereal (~200 calories/ serving) with 2% milk, 1 banana, and 2 pieces wheat toast with 1 Tbsp peanut butter on each
- Smoothie made with: 2 cups 2% milk, 1 thick and creamy vanilla yogurt, 1 scoop ice cream, and 1-2 Tbsp peanut butter
- 3 whole wheat waffles with 1 Tbsp peanut butter on each, 1 fruit, and 16 oz low-fat chocolate milk
- 1 whole wheat bagel with 2 Tbsp cream cheese, 1 nut-based granola bar, and 16 oz low-fat chocolate milk
- High-calorie energy bar (250-350 calories), 16 oz low-fat chocolate milk with 1 scoop whey protein mixed in, and 1 banana
- 2 whole grain frozen stuffed sandwiches, 1 individual-sized bag whole grain chips, and 16 oz low-fat chocolate milk

1,000-Calorie Snacks

- 1 whole wheat bagel with 2 Tbsp peanut butter, 1 cup high-calorie cereal, and 1 cup granola with 2% milk
- High-calorie energy bar (250-350 calories), 20 oz 2% milk, 1 pack peanut butter crackers, and 1 banana
- 2 whips or thick and creamy yogurts with 1 cup granola mixed in, 2 pieces whole wheat toast with 1 Tbsp peanut butter on each, and 16 oz 2% milk
- 2 oatmeal squares, 20 oz low-fat chocolate milk, and ½ cup nuts
- 12" sub sandwich with meat, cheese, sauce, and veggies; 1 bag baked chips; 1 apple; and 1 individual-sized bottled juice or 2% milk
- 2 peanut butter and jelly sandwiches on wheat bread (2 Tbsp peanut butter and 2 Tbsp jelly on each), 16 oz 2% milk, and 1 banana or chewy granola bar