

WEIGHT GAINING TIPS

- ☑ To gain lean mass (muscle), a combination of nutrition and weight training is required
- ☑ Eating a meal or snack every 2-3 hours
- ☑ Eating breakfast and a night snack are a MUST
- ☑ Must maximize “recovery nutrition” – 30 min post work eat or drink protein and carbs

Tips for adding “quality” calories to the diet...

- ☑ Add 2 spoons peanut butter to things like toast, bagels, waffles, oatmeal, crackers, shakes, etc.
- ☑ Add granola to cereal, trail mix, yogurt, oatmeal, ice cream
- ☑ Add avocado to salads, sandwiches, wraps, 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 whey protein powder & add things like peanut butter, honey, avocado, lowfat ice cream, 100% fruit juice, canola oil, etc
- ☑ Add nuts to cereal, granola, trail mix, oatmeal, yogurt, parfaits, ice cream, salads & eat plain
- ☑ Drink 2% milk, low-fat chocolate milk and/or some juice with meals and snacks
- ☑ Eat a snack (as mentioned above) right before you go to bed, 7 days a week

TOP WEIGHT GAIN FOODS:

SOLIDS:

- Peanut/almond butter – add to oatmeal, toast, waffle, banana
- Dried fruit – add to oatmeal, cold cereal, trail mix, salads, yogurt or eat plain
- Granola – add to yogurt, salads, oatmeal, peanut butter & jelly (PBJ) sandwich
- PBJ – add granola, honey and banana for even more calories for dessert or snack
- Nuts and seeds - add to salads, rice, oatmeal,
- Trail mix – make your own or purchase pre made. Great for trips or traveling.
- Sports bars – easy and convenient to keep in bag/purse: clif bar, powerbar harvest
- Beef or Turkey jerky – great protein if “lean flat” style. NOT round, pepperoni type
- Rice – has a lot of calories for a fairly small amount of food, brown is best
- Avocado and canola oil – add to sandwiches, salads, wraps, fajitas

LIQUIDS (Easier to drink when appetite is low. Also drink these with meals):

- Ensure plus o 2% milk
- Meal replacement shakes (ex: Slim Fast) o 100% fruit juice
- Carnation Breakfast Essentials o Fruit smoothie
- Protein shakes o Sports drink (ex: Gatorade)
- High calorie shake: 16oz 2% milk, 2 scp protein powder, 2 Tbs peanut butter, 2 Tb. honey, 1 scp ice cream