

Day 1 WEIGHT GAIN MEAL PLAN

Breakfast:

1.5 cups raw oatmeal

1 cup skim milk

1/2 cup dried cranberries or raisins

1 TBS flax oil (cinnamon flavored flax oil works well with oatmeal too)

750 calories, 35 g protein, 90 g carbs, 18 g fat

Midmorning Snack:

1 cup skim milk

1 large piece of fruit with 1 TBS natural peanut butter

1 low-fat mozzarella stick

500 calories, 30 g protein, 30 g carbs, 18 g fat

Lunch:

2 cups egg salad on 2 whole wheat pitas

1 banana

600 calories; 74 g protein, 16 g carbs, 30 g fat

Afternoon Snack:

1 cup low-fat vanilla yogurt

1 cup fat-free cottage cheese

1 cup blueberries

2 TBS wheat germ

1 TBS honey

600 calories, 38 g protein, 80 g carbs, 2.5 g fat

Dinner:

6 oz grilled salmon

1 large sweet potato

1 cup cut green beans

1 cup skim milk

700 calories, 45 g protein, 70 g carbs, 20 g fat

After Dinner Snack:

Peanut butter smoothie

600 calories, 30 g protein, 35 carbs, 16 fat

Day 2

Breakfast: 4 Whole grain frozen waffles 2 TBS pure maple syrup 1 cup low-fat cottage cheese 1 cup fresh strawberries 625 calories, 40 g protein, 90 g carbs, 6 g fat

Midmorning Snack: Peanut butter, banana and honey sandwich 2 pieces whole grain bread 2 TBS banana 1 whole banana 2 TBS honey 2 cups non-fat milk 600 calories, 25 g protein, 85 g carbs, 18 g fat

Lunch: Pasta Vegetable Medley 1 cup non-fat milk 700 calories, 25 g protein, 125 g carbs, 11 g fat

Afternoon Snack: Favorite Meal Replacement Shake mixed with 1 cup non-fat milk, 1 cup frozen fruit and 2 TBS flax oil Add water to desired consistency 650 calories, 50 g protein, 45 g carbs, 28 g fat

Dinner: 8 oz turkey breast 2 large sweet potatoes or yams 1 cup collard greens or swiss chard 700 calories, 55 g protein, 95 g carbs, 5 g fat

After Dinner Snack: High protein pudding 400 calories, 40 g protein, 45 g carbs, Day 3

Day 3

Breakfast: Vegetable omelet (2 whole eggs, 2 egg whites, 1/2 cup shredded fat-free cheese, 1/2 cup diced vegetables of your choice) 2 slices 12-grain bread 1 cup non-fat milk 1 fresh orange 700 calories, 30 g protein, 60 g carbs, 20 g fat

Midmorning Snack: 1 can tuna fish 2 cups cooked brown rice Salsa to taste 1 medium plum 700 calories, 40 g protein, 100 g carbs, 5 g fat

Lunch: Turkey and cheese sandwich (2 slices 12-grain bread, 8 oz sliced turkey breast, 1 thin 2-oz slice low fat provolone cheese, fat-free honey mustard, lettuce, tomato) 1 small bunch red grapes 650 calories, 55 g protein, 80 g carbs, 10 g fat

Afternoon Snack: Favorite MRP 1 cup skim milk 2 cups frozen fruit Water to desired consistency 675 calories, 50 g protein, 80 g carbs, 18 g fat

Dinner: 1 6 oz grilled pork chop 1 cup broccoli 2 cups whole grain, brown rice 650 calories, 38 g protein, 43 g carbs, 14 g fat

After Dinner Snack: 1 large piece of fruit 458 calories, 32 g protein, 42 g carbs, 18 g fat **CY** 675 calories, 50 g protein, 80 g carbs, 18 g fat **5 g fat**

Day 4

Breakfast: Oat bran waffles(oat bran waffle mix, skim milk, and whey protein. Make a half serving of waffle mix, following the package directions and add 2 scoops of pure whey protein. Cook in a waffle iron, or flat in a skillet like a pancake.)1 cup skim milk615 calories, 49 g protein, 71 g carbs, 15 g fat

Midmorning Snack: Protein shake1 cup skim milk2 large pieces of fruit658 calories, 40 g protein, 84 g carbs, 18 g fat

Lunch: Tuna and cheese sandwich (2 slices 12-grain bread, 4 oz tuna-drained, 1 thin 2-oz slice cheddar cheese, non-fat mayo, lettuce, tomato)1 large pear610 calories, 44 g protein, 77 g carbs, 14 g fat

Afternoon Snack: Protein shake1 cup skim milk2 large pieces of fruit658 calories, 40 g protein, 84 g carbs, 18 g fat

Dinner:1 bowl Mexican Chicken Chili389 calories, 40 g protein, 27 g carbs, 14 g fat

After Dinner Snack: Protein shake 1 large piece of fruit458 calories, 32 g protein, 42 g carbs, 18 g fat

Day 5

Breakfast: Buckwheat (Arrowhead Mills buckwheat pancake mix, skim milk, and whey protein. Make a half serving of pancake mix, following the package directions and add 2 scoops of pure whey protein. Cook the pancake in a no stick pan coated with nonstick spray.)2 cups skim milk1 cup fresh blueberries615 calories, 49 g protein, 71 g carbs, 15 g fat

Midmorning Snack: Protein shake1 cup skim milk2 large pieces of fruit658 calories, 40 g protein, 84 g carbs, 18 g fat

Lunch: Ham and cheese sandwich (2 slices 12-grain bread, 4 oz sliced ham, 1 thin 2-oz slice reduced fat Swiss cheese, lettuce, tomato, and mustard)1 large apple610 calories, 44 g protein, 77 g carbs, 14 g fat

Afternoon Snack: Protein shake1 cup skim milk2 large pieces of fruit658 calories, 40 g protein, 84 g carbs, 18 g fat

Dinner:1 homemade burger on a whole wheat bun1 cup skim milk450 calories, 34 g protein, 52 g carbs, 20 g fat

After Dinner Snack: Protein shake 1 large piece of fruit458 calories, 32 g protein, 42 g carbs, 18 g fat