

**Diet Plan for Weight Gain**

**Objective:** Increase caloric intake with nutrient-dense foods to support healthy weight gain and muscle growth.

#### **Daily Caloric Intake:**

* **Total Calories:** Approximately 3000 to 3500 kcal
* **Macronutrient Ratio:** 50% Carbohydrates, 30% Protein, 20% Fat

#### **Meal Breakdown:**

**Breakfast:**

* **Oatmeal with Whole Milk** (1 cup cooked oatmeal, 1 cup whole milk, topped with banana and a tablespoon of honey)
* **Greek Yogurt** (1 cup, mixed with a handful of almonds and a sprinkle of chia seeds)
* **Orange Juice** (1 glass)

**Mid-Morning Snack:**

* **Protein Smoothie** (1 scoop of protein powder, 1 banana, 1 tablespoon of peanut butter, 1 cup of Greek yogurt, and 1/2 cup of oats blended with whole milk)

**Lunch:**

* **Chicken Breast** (200g grilled)
* **Brown Rice** (1 cup cooked)
* **Steamed Vegetables** (1 cup mixed vegetables like broccoli, carrots, and peas)
* **Avocado Salad** (1 avocado served with cherry tomatoes and olive oil dressing)

**Afternoon Snack:**

* **Trail Mix** (A mix of nuts, seeds, and dried fruits - 1 cup)
* **Cheese and Crackers** (4 whole-grain crackers with slices of cheddar cheese)

**Dinner:**

* **Salmon Fillet** (200g, oven-baked)
* **Sweet Potato** (1 large, baked)
* **Quinoa** (1 cup cooked)
* **Green Salad** (Mixed greens with vinaigrette dressing)

**Evening Snack:**

* **Cottage Cheese** (1 cup, with slices of pineapple or peaches)
* **Whole Grain Bread** (2 slices, with a spread of butter or jam)

#### **Hydration:**

* **Water:** 8-10 glasses throughout the day
* **Optional:** Herbal teas or seltzers without added sugars

#### **Supplements:**

* **Consider a weight gainer supplement or meal replacement shakes if needed and consult with a healthcare provider.**