
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.**