

Weight Gaining Meal Plan

The Geriatric Dietitian

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Day 1 8141 calories 103 gm protein	Ham & cheese omelet prepared in 1 Tbs olive oil (2 eggs, 3 oz ham, 1/4 c cheese) Cranberry juice (1 c) 413 cal, 18 gm pro	High-Calorie Shake (Coffee) 458 cal, 15 gm pro	Barbecue (1 Tbs) chicken (3.5 oz) Potato salad (1/2 c) Fruit (1/2 c) Whole milk (1 c) 587 cal, 10 gm pro	Greek yogurt parfait (1 c) 128 cal, 5 gm pro	Spaghetti with meatballs (1-1.5 c) Garlic bread (1 slice) Fruit (1/2 c) Whole milk (1 c) 485 cal, 26 gm pro	High-Calorie Shake (Chocolate Mint) 458 cal, 7 gm pro
Day 2 8452 calories 113 gm protein	Waffles (1) with butter (1 Tbs) & syrup (2 Tbs) Greek yogurt with fruit (1 single serve container) Whole milk (1 c) 664 cal, 22 gm pro	High-Calorie Shake (Cherry Pie) 425 cal, 8 gm pro	Ham salad sandwich (1/2 c on 2 gr bread) Edamame (1/2 c) Whole milk (1 c) 710 cal, 15 gm pro	Cottage cheese (1/2 c) Canned fruit (1 snack pack) 188 cal, 11 gm pro	Lasagna (1/2 c) Roll (1) with butter (1 Tbs) Whole milk (1 c) 608 cal, 24 gm pro	High-Calorie Shake (Vanilla Bean) 445 cal, 15 gm pro
Day 3 8159 calories 119 gm protein	Scrambled eggs (3 large) Toast (1 slice) with butter (1 Tbs) & jelly (1 Tbs) Fruit juice (1/2 c) 384 cal, 10 gm pro	High-Calorie Shake (Cherrylicious) 125 cal, 8 gm pro	Cheeseburger with bun (1 sand) Fries (1 small serving) Chocolate milk shake (1 c) 1031 cal, 40 gm pro	Banana (1) with peanut butter (2 Tbs) 295 cal, 8 gm pro	Salmon (1 oz fillet) prepared in butter (1 Tbs) Rice (1/2 c) Broccoli (1/2 c) Whole milk (1 c) 595 cal, 16 gm pro	Cookies (2) Whole milk (1 c) 175 cal, 10 gm pro
Day 4 8196 calories 117 gm protein	Oatmeal (1/2 c) with nut butter (2 Tbs) Fruit juice (1/2 c) 405 cal, 14 gm pro	String cheese (1 stick) Crackers (5) Whole milk (1 c) 388 cal, 14 gm pro	Tuna salad sandwich (1/2 c on 2 gr bread) Baby carrots (5) Whole milk (1 c) 427 cal, 16 gm pro	Banana (1) with peanut butter (2 Tbs) Whole milk (1 c) 445 cal, 10 gm pro	Ground beef tacos (1-2oz) Refried beans (1/2 c) Rice (1/2 c) Whole milk (1 c) 574 cal, 16 gm pro	High-Calorie Smoothie (Peanut Butter Cup) 588 cal, 25 gm pro
Day 5 8151 calories 110 gm protein	English muffin (1) with nut butter (2 Tbs) Whole milk (1 c) 548 cal, 22 gm pro	Greek yogurt (1 single serving container) Berries (1/2 c) 141 cal, 12 gm pro	Chicken & cheese pizza (1 slice) with olivado (2 Tbs) Cherry tomatoes (1/2 c) Whole milk (1 c) 555 cal, 12 gm pro	String cheese (1 stick) Crackers (5) Whole milk (1 c) 388 cal, 14 gm pro	Fettuccine Alfredo (1/4 cup prepared) with shrimp (1/2 c) & broccoli (1/2 c) Garlic bread (1 slice) Whole milk (1 c) 788 cal, 46 gm pro	High-Calorie Shake (Strawberry) 458 cal, 2 gm pro
Day 6 8129 calories 103 gm protein	Oatmeal (1/2 c) with nut butter (2 Tbs) Fruit juice (1/2 c) 405 cal, 14 gm pro	High-Calorie Smoothie (Strawberry Banana) 458 cal, 26 gm pro	Chicken stir fry (1 c) with veggies (1/2 c) Pineapple (1/2 c) Whole milk (1 c) 462 cal, 24 gm pro	Hard-boiled egg (1 large) Cherry tomatoes (1/2 c) 108 cal, 8 gm pro	Meat with potatoes & gravy (1 c total meal) Cooked carrots (1/2 c) Roll (1) with butter (1 Tbs) Whole milk (1 c) 591 cal, 26 gm pro	High-Calorie Shake (Peanut Butter Chocolate) 488 cal, 11 gm pro
Day 7 8124 calories 110 gm protein	Hard-boiled egg (1 large) Fruit (1/2 c) Toast (1 slice) with butter (2 Tbs) & jelly (1 Tbs) Whole milk (1 c) 422 cal, 18 gm pro	High-Calorie Shake (Acaiade) 710 cal, 11 gm pro	Tomato soup (1 c) made with milk Grilled cheese (1/2 sandwich) Whole milk (1 c) 624 cal, 26 gm pro	Cookies (5) Whole milk (1 c) 375 cal, 10 gm pro	Meatloaf with gravy (3 oz) Green beans (1/2 c) Bread (1 slice) & butter (2 Tbs) Whole milk (1 c) 488 cal, 15 gm pro	High-Calorie Smoothie (Blueberry Blast) 445 cal, 12 gm pro

High Calorie Meal Plans To Gain Weight

K Morrison



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