

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 protein	High-Calorie Shake (Coffee) 668 cal, 15 gm protein	Barbecue (1 Tbs) chicken (3.5 oz) Potato salad (1/2 c) Fruit (1/2 c) Whole milk (1 c) 587 cal, 10 gm protein	Greek yogurt parfait (1 c) 128 cal, 5 gm protein	Spaghetti with meatballs (1-1.5 c) Garlic bread (1 slice) Fruit (1/2 c) Whole milk (1 c) 685 cal, 26 gm protein	High-Calorie Shake (Chocolate Mint) 668 cal, 7 gm protein
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 protein	High-Calorie Shake (Cherry Pie) 625 cal, 8 gm protein	Ham salad sandwich (1/2 c on 2 gr bread) Edamame (1/2 c) Whole milk (1 c) 710 cal, 15 gm protein	Cottage cheese (1/2 c) Canned fruit (1 snack pack) 188 cal, 13 gm protein	Lasagna (1/2 c) Roll (1) with butter (1 Tbs) Whole milk (1 c) 608 cal, 24 gm protein	High-Calorie Shake (Vanilla Bean) 646 cal, 15 gm protein
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 protein	High-Calorie Shake (Cherrylicious) 125 cal, 8 gm protein	Cheeseburger with bun (1 sand) Fries (1 small serving) Chocolate milk shake (1 c) 1031 cal, 40 gm protein	Banana (1) with peanut butter (2 Tbs) 295 cal, 8 gm protein	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 protein	Cookies (3) Whole milk (1 c) 175 cal, 10 gm protein
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 protein	String cheese (1 stick) Crackers (5) Whole milk (1 c) 388 cal, 14 gm protein	Tuna salad sandwich (1/2 c on 2 gr bread) Baby carrots (5) Whole milk (1 c) 427 cal, 16 gm protein	Banana (1) with peanut butter (2 Tbs) Whole milk (1 c) 445 cal, 10 gm protein	Ground beef tacos (1-2oz) Refried beans (1/2 c) Rice (1/2 c) Whole milk (1 c) 579 cal, 16 gm protein	High-Calorie Smoothie (Peanut Butter Cup) 588 cal, 25 gm protein
Day 5 8151 calories 110 gm protein	English muffin (1) with nut butter (2 Tbs) Whole milk (1 c) 548 cal, 22 gm protein	Greek yogurt (1 single serving container) Berries (1/2 c) 141 cal, 12 gm protein	Chicken & cheese pizza (1 slice) with sauce (2 Tbs) Cherry tomatoes (1/2 c) Whole milk (1 c) 555 cal, 12 gm protein	String cheese (1 stick) Crackers (5) Whole milk (1 c) 388 cal, 14 gm protein	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 protein	High-Calorie Shake (Strawberry) 654 cal, 2 gm protein
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 protein	High-Calorie Smoothie (Strawberry Banana) 658 cal, 26 gm protein	Chicken stir fry (1 c) with veggies (1/2 c) Pineapple (1/2 c) Whole milk (1 c) 462 cal, 24 gm protein	Hard-boiled egg (1 large) Cherry tomatoes (1/2 c) 108 cal, 8 gm protein	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 protein	High-Calorie Shake (Peanut Butter Chocolate) 688 cal, 11 gm protein
Day 7 8126 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 protein	High-Calorie Shake (Acaiade) 710 cal, 11 gm protein	Tomato soup (1 c) made with milk Grilled cheese (1/2 sandwich) Whole milk (1 c) 624 cal, 26 gm protein	Cookies (5) Whole milk (1 c) 375 cal, 10 gm protein	Meatloaf with gravy (3 oz) Green beans (1/2 c) Bread (1 slice) & butter (2 Tbs) Whole milk (1 c) 688 cal, 10 gm protein	High-Calorie Smoothie (Blueberry Blast) 445 cal, 12 gm protein

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