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Weight Gain Tips

To gain one pound a week...you have to add an extra 3,500 calories to your diet over the course of that week...without burning those calories off in exercise.

General Tips

- Eat every 2-3 hours...do not skip breakfast or late-night snack
- Eat high-calorie meal right before going to bed (shake, high-calorie protein bar, PBJ sandwich and milk)
- Take in calories during workout via shake or bar & eat immediately post-workout, within 30 minutes
- Add 2 spoons of peanut butter to a bagel, toast, in a pack of oatmeal, to waffles, etc.
- Add 1 cup (fist size) granola to a bowl of cereal, add granola to oatmeal, granola based trail mix
- Add avocado to sandwiches, wraps, fajitas, etc.
- Using high calorie protein powder (Met-Rx, Collegiate Muscle Milk) in oatmeal & in shakes made with 2% milk
- Eating peanut butter and jelly sandwiches as "in-between" meal snacks or desserts after a meal
- Eat nuts as a snack
- Choose higher calorie cereals, yogurts, granola bars, energy bars

Breakfast - 800 calories

- Bagel w/ 2 spoons peanut butter, 1 bottle 2% milk
- Bagel w/ 2-3 spoons peanut butter, 1 banana, 2 cups (or one large cup) juice
- 2 bagels w/ 2 spoons peanut butter on each
- 2 cups high-calorie cereal & $\frac{1}{2}$ cup granola w/ 2% milk and 3 scrambled eggs or 2 slices cheese
- 3 scrambled eggs, 1 large waffle (Main or restaurant), butter & drizzle syrup, 1 cup 2% milk
- 2 scrambled eggs, 2 pieces breakfast sausage, 2 pieces wheat toast w/peanut butter, 1 cup 2% milk or juice
- 1 sausage/egg/cheese biscuit, 1 bottle 2% milk, 1 banana
- Toasted sandwich on wheat bread w/2 spoons peanut butter, 1 chopped banana, 2 cups high calorie cereal w/2% milk
- 2 packets oatmeal w/ 1 scoop whey protein powder & 2 spoons peanut butter mixed in, 1 banana
- Einsteins: 1 breakfast bagel sandwich and container of 2% milk
- McDonald's: 2 Egg McMuffin Sandwiches, 2 cartons chocolate or regular milk
- Jack in the Box: Breakfast Jack w/ sausage OR Ultimate Breakfast Sandwich OR Meaty Breakfast Burrito, 1 hashbrown, 1 carton 2% milk or orange juice

Mid-morning & Afternoon Snacks (or 2 afternoon snacks depending on schedule & workout) - 400 calories

- Energy bar (Gatorade bar, Power Bar Triple Threat, Power Bar Performance, Power Bar Harvest, Clif, Clif MoJo bar, or 2 Champion Nutrition Snack Bars) & peanut butter sandwich on wheat bread
- Energy bar, apple, 2% milk or a cup of juice
- 2 peanut butter & jelly sandwiches
- 1 bag trail mix (1 cup high calorie cereal, $\frac{1}{2}$ cup granola, 3 Tbs. nuts)
- 1 pack Nature Valley Granola Bars (crunchy 2 in a pack) & 1 bottle 2% milk or 2 scoops Muscle Milk Collegiate or EAS Myoplex mixed with water
- 1 pack granola bars and fruit/yogurt/granola parfait from Main or Frog Bites
- 2 scoops Muscle Milk Collegiate mixed with 12 oz 2% milk
- 1 pack peanut butter crackers & 1 container 2% milk
- 6" Subway sandwich and Baked Chips

- Potbelly sandwich on wheat
- Bagel w/2 spoons peanut butter
- 1 bowl cereal (1- 1 ½ cups) w/ 2% milk & a banana
- Smoothie King Smoothie (make sure it has at least one scoop whey protein powder)
- Energy bar and big handful nuts
- Grilled chicken sandwich with cheese
- Individual size frozen pizza (South Beach Whole Grain, Lean Cuisine)
- 1 muffin and bottle 2% milk

Lunch - 800 calories

- College/School Cafeteria
 - Grilled chicken sandwich, 1 bag chips or crackers, 1 banana or other fruit, 1 cookie, 1 container 2% milk & water
 - 3-4 oz meat (chicken, steak, or whatever), 1 serving vegetable, 2 fist size servings of carbohydrate (ex: pasta, rice, potato, mashed potatoes, crackers, chips, corn, beans), 1 roll w/butter & water
 - 2-3 fists pasta w/marinara sauce w/ chicken (about a fist size or more), vegetables (if you will ☺), 1 roll w/butter
 - Cheeseburger, 1 bag baked chips, 1 banana or other fruit, 1 cookie & water
 - 1 piece grilled chicken & Pizza Hut regular breadsticks & marinara sauce & water
 - Individual Pizza Hut Pizza, 1 banana & water
 - Grilled cheese sandwich, 1 serving French fries (not everyday!), 1 fruit, 1 cookie, & water
- Sandwich Place
 - Subway - 12" sub w/cheese, 1 bag baked chips, 1 cookie, & water
 - Potbelly - 1 sub sandwich w/cheese, 1 bag baked chips or pretzels, 1 banana, 1 cookie, & water
 - Einsteins - 1 grilled Panini or bagel sandwich, 1 bag baked chips or a bowl of soup, 1 banana or other fruit, & water
 - General Sandwich place - Meat & cheese sandwich on whole wheat bread or large bun, 1 bag baked chips, 1 fruit & yogurt parfait or just fruit, 1 cookie, & water
- 2 peanut butter & jelly sandwiches on wheat (2 spoons peanut butter on each), 1 individual bag baked chips
- 2 turkey or ham & cheese sandwiches, 1 bag baked lays, 1 pack granola bars or 2 cookies

During Workout

- Gatorade every 15 minutes or so
- Energy bar (high carbohydrate, low to moderate protein)
- Individual RTD shake
 - Examples: Muscle Milk Collegiate, Slim Fast, Smoothie with milk/yogurt/fruit, Carnation Instant Breakfast mixed with skim milk, Gatorade Shake
- Fruit
- Low-fat granola bar
- Sport gels, goos, blocks, jelly beans, etc.

Dinner - at least 800 calories

- 6oz meat (hand size), 2 fists carbohydrate (ex: pasta, rice, potato, mashed potatoes, crackers, chips, corn, beans), vegetables or salad, 1 roll w/butter, 1 cookie or fruit & water
- 3 fists pasta w/marinara sauce w/ chicken (about a fist size or more), vegetables (if you will ☺), 1 roll w/ butter, 1 cookie, & water
- 3 tacos with meat, cheese, lettuce, tomato, sour cream, 1 fist rice, 1 fist beans or corn, chips & salsa, & water
- Individual Pizza Hut Pizza, salad or vegetable, smoothie with whey protein powder, & water
- 2 grilled chicken and cheese sandwiches, 1 vegetable or salad, 1 container Pizza Hut regular breadsticks or if out...1 bag chips, & water

Late-night Snack (within hour before bed) - 800 calories

- 2 cups high calorie cereal (Grape Nuts Trail Mix Crunch, Grape Nuts, Nature Valley, Granola, Cracklin' Oat Bran, Kashi cereals, etc) w/2% milk, 2 pieces whole wheat toast w/1 spoon peanut butter on each
- Shake w/ 1 scoop whey protein powder, 2 cups 2% milk, 2 spoons peanut butter, & $\frac{1}{2}$ cup ice cream
- 2 peanut butter & jelly sandwiches on whole wheat bread
- Trail Mix: 1 cup high calorie cereal, 1 cup granola, $\frac{1}{2}$ cups nuts, $\frac{1}{4}$ cup dried fruit, 8-12 oz 2% milk
- 3 Eggo whole wheat pancakes, 2 Tbs. Smart Balance Butter, drizzle syrup, 16 oz low-fat chocolate milk
- 3 Eggo whole wheat waffles w/1 Tbs. peanut butter on each, 1 banana, 16 oz low-fat chocolate milk
- High calorie shake powder (Muscle Milk Collegiate, EAS Myoplex Deluxe, Gatorade, etc.) mixed with 2% milk, 2 cups high calorie cereal in 2% milk
- 1 whole wheat bagel w/ 2 scrambled eggs, 1 slice 2% cheese, 3-4 slices ham or Canadian Bacon, 1 banana, 16 oz low-fat chocolate milk
- 2 Whole Grain Hot Pockets, 1 individual bag reduced-fat Sun Chips, 16 oz 2% milk
- 2 whole wheat tortillas w/ 1 Tbs. peanut butter, cinnamon, and a small banana on each, 16 oz low-fat chocolate milk