

4 Best Diet Plans for Gaining Weight

	2500 Calories	3000 Calories	3500 Calories	4000 Calories
Breakfast	Egg omelets + oatmeal <ul style="list-style-type: none"> <u>Ingredients for omelets:</u> <ul style="list-style-type: none"> 2 eggs, cooked 1 Tbsp butter 1/4 cup shredded cheddar cheese <u>Ingredients for oatmeal:</u> <ul style="list-style-type: none"> 1/2 cup rolled oats 1 cup water 1 tsp butter 1 Tbsp brown sugar 	Egg omelets + oatmeal <ul style="list-style-type: none"> <u>Ingredients for omelets:</u> <ul style="list-style-type: none"> 2 eggs, cooked 1 Tbsp butter 1/4 cup shredded cheddar cheese <u>Ingredients for oatmeal:</u> <ul style="list-style-type: none"> 1/2 cup rolled oats 1 cup whole milk 1 tsp butter 1 Tbsp brown sugar 	Egg omelets + oatmeal + walnuts <ul style="list-style-type: none"> <u>Ingredients for omelets:</u> <ul style="list-style-type: none"> 2 eggs, cooked 1 Tbsp butter 1/4 cup shredded cheddar cheese <u>Ingredients for oatmeal:</u> <ul style="list-style-type: none"> 1/2 cup rolled oats 1 cup whole milk 1 Tbsp butter 2 Tbsp brown sugar 1 oz chopped walnuts 	Egg omelets + oatmeal + walnuts + blueberries <ul style="list-style-type: none"> <u>Ingredients for omelets:</u> <ul style="list-style-type: none"> 2 eggs, cooked 1 Tbsp butter 1/4 cup shredded cheddar cheese <u>Ingredients for oatmeal:</u> <ul style="list-style-type: none"> 1/2 cup rolled oats 1 cup whole milk 1 Tbsp butter 2 Tbsp brown sugar 1 oz chopped walnuts 1 cup blueberries
AM snack	Nutritional Supplement <ul style="list-style-type: none"> 8 oz bottle of Boost Original Nutritional Drink 	Nutritional Supplement + almonds <ul style="list-style-type: none"> 8 oz bottle of Boost Original Nutritional Drink 1 oz almonds 	Nutritional Supplement + almonds <ul style="list-style-type: none"> 8 oz bottle of Boost Original Nutritional Drink 1 oz almonds 	Nutritional Supplement + almonds + strawberries <ul style="list-style-type: none"> 8 oz bottle of Boost Original Nutritional Drink 1 oz almonds 1 cup strawberries
Lunch	Grilled chicken with rice + gravy + mixed vegetables <ul style="list-style-type: none"> <u>Ingredients:</u> <ul style="list-style-type: none"> 3 oz grilled chicken thigh 1 Tbsp olive oil 1/2 cup cooked rice 1/2 cup chicken gravy 1 cup mixed vegetables on the side 	Grilled chicken with rice + gravy + mixed vegetables <ul style="list-style-type: none"> <u>Ingredients:</u> <ul style="list-style-type: none"> 3 oz grilled chicken thigh 1 Tbsp olive oil 1/2 cup cooked rice 1 Tbsp butter 1/2 cup chicken gravy 1 cup mixed vegetables on the side 	Grilled chicken with rice + gravy + mixed vegetables <ul style="list-style-type: none"> <u>Ingredients:</u> <ul style="list-style-type: none"> 3 oz grilled chicken thigh 1 Tbsp olive oil 1/2 cup cooked rice 1 Tbsp butter 1/2 cup chicken gravy 1 cup mixed vegetables cooked in 1 Tbsp butter 	Grilled chicken with rice + gravy + baked potato + mixed vegetables <ul style="list-style-type: none"> <u>Ingredients:</u> <ul style="list-style-type: none"> 3 oz grilled chicken thigh 1 Tbsp olive oil 1/2 cup cooked rice 1 Tbsp butter 1/2 cup chicken gravy 1 small baked potato 1 Tbsp butter 1 cup mixed vegetables on the side
PM snack	Cottage cheese + peaches <ul style="list-style-type: none"> <u>Ingredients:</u> <ul style="list-style-type: none"> 1/2 cup cottage cheese 1/2 cup diced peaches (in 100% juice) 	Cottage cheese + peaches + crackers <ul style="list-style-type: none"> <u>Ingredients:</u> <ul style="list-style-type: none"> 1/2 cup cottage cheese 1/2 cup diced peaches (in 100% juice) 10 Ritz crackers 	Cottage cheese + peaches + crackers <ul style="list-style-type: none"> <u>Ingredients:</u> <ul style="list-style-type: none"> 1/2 cup cottage cheese 1/2 cup diced peaches (in 100% juice) 10 Ritz crackers 	Cottage cheese + peaches + crackers + milk <ul style="list-style-type: none"> <u>Ingredients:</u> <ul style="list-style-type: none"> 1/2 cup cottage cheese 1/2 cup diced peaches (in 100% juice) 10 Ritz crackers 1/2 cup whole milk
Dinner	Pasta with sausage + peas <ul style="list-style-type: none"> <u>Ingredients:</u> <ul style="list-style-type: none"> 1 cup cooked pasta 3 oz ground sausage 1 cup pasta sauce 1/4 cup whole milk ricotta cheese 1 cup green peas on the side 	Pasta with sausage + peas <ul style="list-style-type: none"> <u>Ingredients:</u> <ul style="list-style-type: none"> 1 cup cooked pasta 3 oz ground sausage 1 cup pasta sauce 1/4 cup whole milk ricotta cheese 1 cup green peas on the side 	Pasta with sausage + peas <ul style="list-style-type: none"> <u>Ingredients:</u> <ul style="list-style-type: none"> 1 cup cooked pasta 3 oz ground sausage 1 cup pasta sauce 1/4 cup whole milk ricotta cheese 1/4 cup shredded parmesan cheese 1 cup green peas on the side 	Pasta with sausage + peas <ul style="list-style-type: none"> <u>Ingredients:</u> <ul style="list-style-type: none"> 1 cup cooked pasta 3 oz ground sausage 1 cup pasta sauce 1/4 cup whole milk ricotta cheese 1/4 cup shredded parmesan cheese 1 cup green peas on the side 1/2 Tbsp butter
Evening snack	Banana + peanut butter <ul style="list-style-type: none"> <u>Ingredients:</u> <ul style="list-style-type: none"> 1 banana 1 Tbsp peanut butter 	Banana + peanut butter <ul style="list-style-type: none"> <u>Ingredients:</u> <ul style="list-style-type: none"> 1 banana 1 Tbsp peanut butter 	Banana + peanut butter <ul style="list-style-type: none"> <u>Ingredients:</u> <ul style="list-style-type: none"> 1 banana 1 Tbsp peanut butter 	Banana + peanut butter + chocolate drizzle <ul style="list-style-type: none"> <u>Ingredients:</u> <ul style="list-style-type: none"> 1 banana 1 Tbsp peanut butter 1 Tbsp chocolate sauce