

# Weight Gain Meal Plan

## BREAKFAST

4-5 Eggs (*whites or whole*)  
3 Slices of wheat toast/jelly  
1-2 Cups of cereal  
2 Cups of milk  
1 Cup of juice  
1-2 Fruits

## SNACK 1

2 Fruits

## LUNCH

2 Large turkey sandwiches  
2 Fruits  
1 Pasta  
1 Cup vegetable  
2 Cups of milk

## SNACK 2

1 Can of tuna  
1-2 Fruits  
1 Cup of milk

## DINNER

1-2 Chicken, beef, or fish  
1 baked potato  
1 Cup of vegetables  
3 slices of whole grain toast  
2 Cups of milk

## SNACK 3

1 turkey sandwich (turkey, whole grain bread, mustard)  
1 fruit  
2 Cups of 2% milk