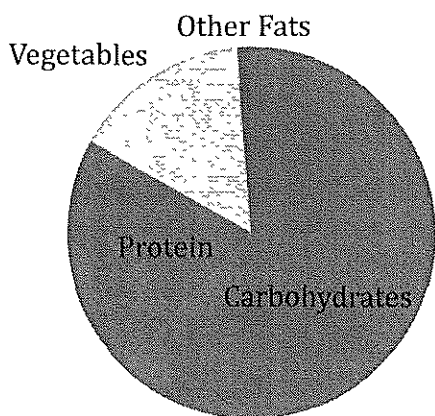


Weight Gain

Weight gain, and particularly muscle gain, is best achieved by eating nutrient dense calories from carbohydrate and protein with modest amounts of added fat. This must be done in combination with a strength training program, and adequate recovery time.

- 1. Eat early and eat often.** This will ensure adequate fuel (carbohydrate and protein) are available for workouts which will also help with recovery and building muscle.
 - Eat something within 1 hour of waking
 - Eat every 3-4 hours
- 2. Add calories to breakfast**
 - Instead of lower calories cereals like honey nut cheerios choose granola/grape nuts
 - Instead of toast have bagels and use peanut butter (or use both or PB and honey)
 - Have low fat chocolate milk, 2% milk or 100% juice for fluids (2-3 cups)
 - Cook eggs in olive or canola oil
 - Add peanut butter, nuts, dried fruit, and brown sugar to oatmeal, and make with milk
 - Make a PB & J from frozen waffles
- 3. Add calories to lunch and dinner**
 - Make PB & J's with bagels
 - Use thicker sliced bread for sandwiches
 - Smear non-hydrogenated margarines (tub) on bread when making sandwiches
 - Smear peanut butter on apples or bananas
 - Anywhere you can add cheese, ADD IT!
 - Try hummus, avocado, or guacamole as a condiment on sandwiches
 - Use Olive oil or Canola oil to cook vegetables or meats
 - Load up your salad! Add kidney/garbanzo beans, sunflower seeds, walnuts, raisins/craisins, croutons, tuna, cottage cheese or deli meats, and liberal amounts of oil or fat based dressings like ranch or balsamic vinaigrettes.
 - Add low fat sour cream and butter to potatoes
- 4. What should your lunch and dinner plate look like?**

Weight Gain Plate Breakdown



Carbohydrates: Wheat bread, baked or sweet potatoes, rice, Mac and Cheese, pasta, black beans, oatmeal, cereal, wheat tortillas,

Protein: Grilled, baked, or steamed Beef, Chicken or Fish

Vegetables: Broccoli, cucumbers, mushrooms, cauliflower, corn, green beans, green or red peppers, asparagus, salad, spinach, etc.

Fats: oil based dressings, whole fat cheese, whole fat greek yogurt, sour cream, butter.