

BLOG CHEF'S WEIGHT GAIN MEAL PLAN FOR FEMALES

DAY 1

BREAKFAST: PEANUT BUTTER ON WHOLEGRAIN TOAST
LUNCH: CHICKEN AND PASTA SALAD
DINNER: LAMB CHOPS AND VEGETABLES
DESSERT: FRESH FRUIT AND CHEESE PLATTER
SNACKS: A HANDFUL OF MIXED NUTS AND SEEDS

DAY 2

BREAKFAST: CHIA PORRIDGE WITH FRUIT
LUNCH: EGG, CHEESE, AND SALAD WRAP
DINNER: BAKED SALMON, COOS COOS AND VEGETABLES
DESSERT: FRUIT SALAD DESSERT
SNACKS: FRUIT TOAST WITH BUTTER AND JAM

DAY 3

BREAKFAST: SWEET POTATO SPANISH OMELET
LUNCH: LENTIL, VEGETABLES, AND BARLEY SOUP
DINNER: SPAGHETTI BOLOGNESE
DESSERT: FRUIT SMOOTHIE
SNACKS: 20G CHEESE AND CANNED TUNA IN OIL ON WHOLE-GRAIN CRACKERS

DAY 4

BREAKFAST: WHOLEGRAIN CEREAL WITH MILK AND FRUIT
LUNCH: CHICKEN AND NOODLE STIR-FRY
DINNER: NAZI GOREN TRAY BAKE
DESSERT: FRUIT POP
SNACKS: ONE CUP OF HOT CHOCOLATE MADE WITH FULL CREAM MILK

DAY 5

BREAKFAST: POACHED EGGS WITH FIELD MUSHROOM AND AVOCADO
LUNCH: FISH AND CHIPS
DINNER: MANGO CHICKEN AND CORN
DESSERT: YOGHURT PARFAIT
SNACKS: BANANA SLICES AND RICOTTA CHEESE

DAY 6

BREAKFAST: FRUIT TOAST WITH BERRY SMOOTHIE
LUNCH: TUNA AND QUINOA SALAD
DINNER: EASY FISH PIE
DESSERT: PAVLOVA AND FRUIT
SNACKS: THREE WHOLEGRAIN CRACKERS WITH HUMMUS.

DAY 7

BREAKFAST: BÉCHAMEL SPINACH BAKED EGG
LUNCH: BEEF AND NOODLE SOUP
DINNER: PORK ROAST AND VEGETABLES
DESSERT: ONE TUB YOGURT