

Weight Gain Meal Plan for Underweight

DAY 1

B: Vegan Freezer Breakfast Burritos (2 servings), 1 cup strawberries
S: Almond-Honey Power Bar (1 serving)
L: Vegetable & Tuna Pasta Salad (2 servings), Mango chunks (1 cup)
S: One large apple, 1 Tbsp. natural peanut butter
D: Sheet-Pan Maple-Mustard Pork Chops and Carrots (1 serving), 1 1/2 cups Easy Brown Rice

DAY 2

B: Raspberry Peach Mango Smoothie Bowl (1 serving), One hard-boiled egg
S: 15 baby carrots, 3 Tbsp. hummus, One medium orange
L: Roasted Butternut Squash & Root Vegetables with Cauliflower Gnocchi (1 serving), Whole-wheat toast with 1 tsp. unsalted butter (1 slice)
S: Homemade Microwave Popcorn (1 serving), One large banana, Eight unsalted almonds
D: Philly Cheese Steak Sloppy Joes (2 servings), Two cups fresh spinach & 1 cup shredded carrots topped with 1/2 Tbsp. Olive oil & 1/2 Tbsp. balsamic vinegar

DAY 5

B: Raspberry Peach Mango Smoothie Bowl (1 serving), Two hard-boiled eggs
S: Almond-Honey Power Bars (2 servings)
L: Roasted Butternut Squash & Root Vegetables with Cauliflower Gnocchi (1 serving), Whole-wheat toast with 1 tsp. unsalted butter (1 slice)
S: Homemade Microwave Popcorn (2 servings)
D: Green Goddess Salad with Chicken (2 servings), Whole-wheat toast with 1 tsp. unsalted butter (1 slice)

DAY 6

B: Raspberry Peach Mango Smoothie Bowl (1 serving), One medium orange, Two hard-boiled eggs
S: One medium apple, 1 Tbsp. peanut butter
L: Creamy Avocado and White Bean Wraps (2 servings), 1 cup strawberries
S: Four graham crackers
D: Tortilla Chip Flounder with Black Bean Salad (2 servings)

DAY 3

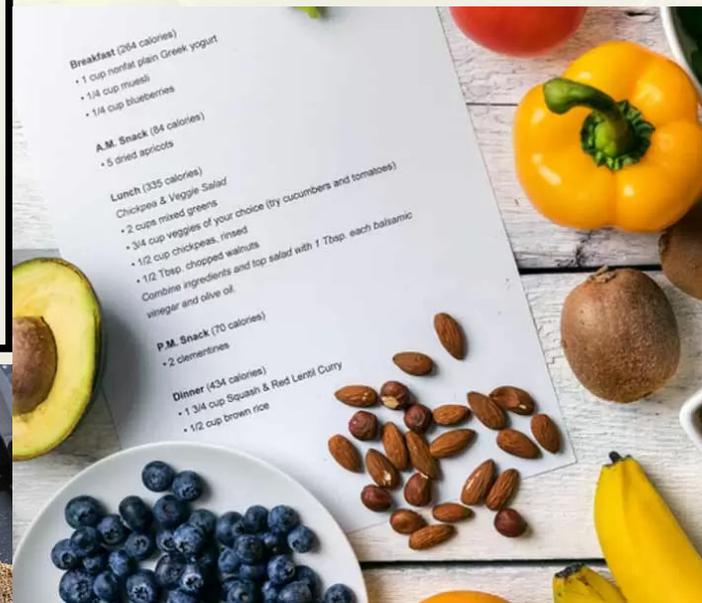
B: Maple-Nut Granola (2 servings), 1 cup 2% milk
S: One slice of Swiss cheese, Eight whole-wheat crackers
L: Roasted Butternut Squash & Root Vegetables with Cauliflower Gnocchi (1 serving), One slice whole-wheat toast with 1 tsp. unsalted butter
S: 6 oz. 2% plain Greek yogurt, 1 cup strawberries, 1 Tbsp. honey
D: Creamy Chicken, Brussels Sprouts and Mushroom One-Pot Pasta (2 servings)

DAY 4

B: Maple-Nut Granola (2 servings), 1 cup 2% milk
S: 15 carrot sticks, 1/4 cup hummus, One medium orange
L: Roasted Butternut Squash & Root Vegetables with Cauliflower Gnocchi (1 serving), One slice whole-wheat toast with 1 tsp. unsalted butter
S: Four graham crackers, One medium apple
D: Southern Style Oven-Fried Chicken (1 serving), Greek Potato Salad (1 serving), Garlicky Green Beans (1 serving)

DAY 7

B: Vegan Freezer Burritos (1 serving), One medium banana, 2 Tbsp. peanut butter
S: 6 oz. 2% plain Greek yogurt, 1/2 cup blueberries, 1 Tbsp. honey
L: Creamy Avocado and White Bean Wraps (2 servings)
S: Almond-Honey Power Bar (1 serving)
D: Creamed Spinach-Stuffed Salmon (1 serving), Garlicky Green Beans (2 servings), 3/4 cup Easy Brown Rice



Breakfast (264 calories)
• 1 cup nonfat plain Greek yogurt
• 1/4 cup muesli
• 1/4 cup blueberries

A.M. Snack (84 calories)
• 5 dried apricots

Lunch (335 calories)
Chickpea & Veggie Salad
• 2 cups mixed greens
• 3/4 cup veggies of your choice (try cucumbers and tomatoes)
• 1/2 cup chickpeas, rinsed
• 1/2 Tbsp. chopped walnuts
Combine ingredients and top salad with 1 Tbsp. each balsamic vinegar and olive oil.

P.M. Snack (70 calories)
• 2 clementines

Dinner (434 calories)
• 1 3/4 cup Squash & Red Lentil Curry
• 1/2 cup brown rice