

Client Name \_\_\_\_\_ Date \_\_\_\_\_

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# Weight Gain/High-Calorie Meal Plan for Athletes

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## Why Was Nutrition Therapy Prescribed?

The purpose of a high-calorie meal plan is typically to help an athlete gain weight and/or help maintain weight for those who expend large numbers of calories via exercise. One main goal of this meal plan is to increase the nutrient density per meal without adding lots of extra food. Thus, making high-calorie food exchanges is important.

## Meal Planning Tips

- Eat every 2-3 hours and within 30 minutes after a workout
- Include whole grain carbohydrate and lean protein with every meal and snack
- Add 2 Tbsp peanut butter to items like toast, bagels, waffles, oatmeal, crackers, shakes, etc.
- Add whole wheat bread, rolls, or cheese toast to meals
- Add granola to cereal, trail mix, yogurt, oatmeal, and ice cream
- Add avocado to salads, sandwiches, wraps, lean burgers, chips, crackers, dips
- Eat sandwiches on wheat buns, subs, or bagels instead of on bread or a thin wrap
- Choose high-calorie cereals, energy bars, granola bars, yogurts, etc.
- Cook vegetables and meat in extra virgin olive oil
- Make shakes with high-calorie shake powder and add ingredients like peanut butter, honey, chocolate syrup, ice cream, etc.
- Add nuts to cereal, granola, trail mix, oatmeal, yogurt, parfaits, ice cream, and salads, and eat plain as a snack
- Drink 2% milk, low-fat chocolate milk, meal-replacement shake, and/or 100% juice with meals and snacks
- Eat a snack right before you go to bed, 7 days a week
- If you skip breakfast, eat an extra snack/smoothie sometime throughout the day

## Recommended Foods

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Choose high-calorie, nutrient-dense foods instead of low-fat, low-calorie options. Examples include the following:

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|--|--------------------------|--------------------------------|
| • Whole wheat bagels   | • Muffins                | • Full-fat yogurts             |
| • Oatmeal  | • Nut-based granola bars | • Cheese                       |
| • Granola  | • Trail mix              | • 100% juice                   |
| • Cereals with nuts and granola (1 serving = 200 calories or more) | • Peanut butter          | • High-calorie protein powders |
| • Whole grain chips  | • Nuts/seeds/flaxseed    | • Lean cuts of red meat        |
| • Pasta dishes   | • Avocado                | • Salmon                       |
|  | • Olive oil              |                                |
|  | • 2% milk                |                                |

## Foods Not Recommended

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Although the goal is to gain/maintain weight with a high-calorie meal plan, try to eat quality nutrients the majority of the time and limit foods such as fried food, processed foods, sugary/packaged pastries, alcohol, etc.

Examples of low-calorie foods to limit include the following:

- Thin bread/tortillas/wraps
- Low-calorie cereals (1 serving = less than 150 calories)
- Low-fat granola bars
- Low-calorie crackers
- White flour, processed foods/snacks
- Skim milk
- Fat-free foods
- Sugar-free foods

## Sample 1-Day Menu (3,500-3,800 calories)

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Meal	Menu
<b>Breakfast</b> (700-800 calories)	2 whole wheat tortillas each with ¼ cup <i>or</i> 1 slice 2% cheese, 1 scrambled egg and 2-3 oz lean Canadian bacon 1 fruit 8 oz 2% milk
<b>Snack</b> (350 calories)	1 whole wheat mini bagel with 2 Tbsp peanut butter and 2 Tbsp all-natural jelly
<b>Lunch</b> (700-800 calories)	1 whole wheat pita with 6 oz chicken breast, ½ cup 2% grated cheese, lettuce, tomato, and sauce 15 whole wheat crackers <i>or</i> baked chips 1 banana 16 oz low-fat chocolate milk <i>or</i> 100% juice
<b>Post-Workout Snack</b> (250-350 calories)	200-250 calorie energy/protein bar 20 oz sports drink
<b>Dinner</b> (700-800 calories)	6-8 oz meat, palm size (chicken, fish, beef, pork) 2 cups vegetables 2 cups carbohydrate item (pasta, rice, potato, sweet potato, peas, crackers, beans, corn, fruit) Side salad with dressing, if desired 16 oz 2% milk
<b>Snack</b>	Shake made with: 2 scoops high-calorie protein powder in 16 oz 2% milk 1 thick and creamy yogurt 1 banana

## Sample 1 – Day Menu (5,100-5,400 calories)

Meal	Menu
<b>Breakfast</b> (1000 calories)	2 packets instant oatmeal or 1 cup (dry) steel-cut oats Mix ½ scoop whey protein powder and 1 Tbsp peanut butter in oatmeal 2 eggs and 2 whites scrambled with grated 2% cheese 16-20 oz 2% milk
<b>Snack</b> (500 calories)	1 cup high-calorie cereal (200-300 calories per cup) 4 Tbsp nuts 2 Tbsp raisins
<b>Lunch</b> (1000 calories)	Roll ups: 6 oz turkey, ham, and roast beef with 3 slices 2% cheese 20 whole wheat crackers <i>or</i> baked chips <i>or</i> pretzels 1 fruit 1 yogurt with ½ cup granola 1 cookie 16 oz 2% milk
<b>Snack</b> (400-500 calories)	Peanut butter and jelly sandwich on whole wheat bread (1½ Tbsp peanut butter and 1 Tbsp jelly) 1 banana
<b>Post-Workout Snack</b> (400 calories)	¼ scoop regular whey protein powder in 12 oz 2% milk ½ whole wheat bagel with 1-2 Tbsp light, whipped cream cheese
<b>Dinner</b> (1000 calories)	100% whole grain wheat hamburger bun, 8 oz lean ground meat (90/10) patty, lettuce, tomato, 2 Tbsp sauce, mustard, 1 slice Swiss cheese 3 cups sweet potato fried cooked with olive oil Salad with dressing <i>or</i> veggie 16-20 oz 2% milk
<b>Snack</b> (750-900 calories)	Shake made with: 2 scoops high-calorie protein powder in 16 oz 2% milk 2 oatmeal bars/squares <i>or</i> muffin bars

## Sample Snacks

### 400-Calorie Snacks

- Large whole wheat bagel with 2 Tbsp peanut butter
- Trail mix: 1 cup dry cereal, ¼ cup granola, and 20 nuts
- Granola bar, 1 fruit, 2 servings 2% string cheese
- Oatmeal square and 12 oz 2% milk
- 2 Tbsp peanut butter and banana on wheat bread
- 1 yogurt with ¼ cup granola, ½ cup fruit, and 15 nuts

### ***600-Calorie Snacks***

- Large whole wheat bagel with 3-4 slices ham, 2 slices 2% cheese, and 1 serving wheat crackers *or* pretzels
- 20 oz low-fat chocolate milk and 1 Tbsp peanut butter on wheat bread
- 300 calorie energy bar, 1 banana, and 16 oz 2% milk
- 20 oz smoothing with protein and 250-300 calorie energy bar
- 2 Tbsp peanut butter and 2 Tbsp jelly on wheat bread, 1 bag baked chips, and 1 fruit
- 2 cups cereal with 2% milk, sprinkle 3 Tbsp almonds in cereal, 1 yogurt *or* 2% string cheese

### ***800-Calorie Snacks***

- 2 cups high-calorie cereal (~200 calories/ serving) with 2% milk, 1 banana, and 2 pieces wheat toast with 1 Tbsp peanut butter on each
- Smoothie made with: 2 cups 2% milk, 1 thick and creamy vanilla yogurt, 1 scoop ice cream, and 1-2 Tbsp peanut butter
- 3 whole wheat waffles with 1 Tbsp peanut butter on each, 1 fruit, and 16 oz low-fat chocolate milk
- 1 whole wheat bagel with 2 Tbsp cream cheese, 1 nut-based granola bar, and 16 oz low-fat chocolate milk
- High-calorie energy bar (250-350 calories), 16 oz low-fat chocolate milk with 1 scoop whey protein mixed in, and 1 banana
- 2 whole grain frozen stuffed sandwiches, 1 individual-sized bag whole grain chips, and 16 oz low-fat chocolate milk

### ***1,000-Calorie Snacks***

- 1 whole wheat bagel with 2 Tbsp peanut butter, 1 cup high-calorie cereal, and 1 cup granola with 2% milk
- High-calorie energy bar (250-350 calories), 20 oz 2% milk, 1 pack peanut butter crackers, and 1 banana
- 2 whips or thick and creamy yogurts with 1 cup granola mixed in, 2 pieces whole wheat toast with 1 Tbsp peanut butter on each, and 16 oz 2% milk
- 2 oatmeal squares, 20 oz low-fat chocolate milk, and ½ cup nuts
- 12" sub sandwich with meat, cheese, sauce, and veggies; 1 bag baked chips; 1 apple; and 1 individual-sized bottled juice or 2% milk
- 2 peanut butter and jelly sandwiches on wheat bread (2 Tbsp peanut butter and 2 Tbsp jelly on each), 16 oz 2% milk, and 1 banana or chewy granola bar

### **Notes:**