

SAMPLE WEEK

WEIGHT GAIN (2500 Calories per day)

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
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| | 2500 Calories - 175g Protein - 224g Carbs - 150g Fat | 2500 Calories - 122g Protein - 320g Carbs - 137g Fat | 2904 Calories - 133g Protein - 336g Carbs - 111g Fat | 2500 Calories - 123g Protein - 417g Carbs - 93g Fat | 2500 Calories - 174g Protein - 255g Carbs - 142g Fat |
| Breakfast | Breakfast: 735 Calories - 30g Protein - 70g Carbs - 43g Fat Food Items 2 Scrambled Eggs 2 slices whole Wheat 1 Banana | Breakfast: 718 Calories - 25g Protein - 105g Carbs - 25g Fat Peanut Butter, Banana & Honey Sandwiches 3 slices Whole-Wheat Bread 3 tbsp Peanut Butter 1 Banana, 2 tsp Honey | Breakfast: 600 Calories - 27g Protein - 115g Carbs - 27g Fat Banana, Honey & Nut Oatmeal 50 g Oats, 200ml Whole Milk 1 Banana, 25g Nuts, 2 tsp Honey | Breakfast: 789 Calories - 23g Protein - 102g Carbs - 33g Fat 50g Granola, 20g Oats, 150ml Whole Milk 25g Nuts & 25g Raisins Banana | Breakfast: 721 Calories - 23g Protein - 100g Carbs - 40g Granola, 20g Oats, 150ml Whole Milk 25g Nuts & 25g Raisins Mango |
| Snack | Snack 1: 150 Calories - 0.8g Protein - 15g Carbs - 0.4g Fat Mango (M) | Snack 1: 222 Calories - 5g Protein - 29g Carbs - 8g Fat 1 Apple (sliced), 1 tbsp Peanut butter | Snack 1: 119 Calories - 2g Protein - 15g Carbs - 6g Fat Oats energy Bar | Snack 1: 60 Calories - 1g Protein - 15g Carbs - 0g Fat Guava | Snack 1: 160 Calories - 4g Protein - 3g Carbs - 14g Fat 25g Unsalted Nuts |
| Lunch | Lunch: 732 Calories - 50g Protein - 21g Carbs - 55g Fat Chicken, Bacon & Avocado Salad 100g Chicken Breast (cooked), 2 pieces lean Back Bacon (grilled) 1 Avocado, 80g Mixed Salad Leaves, 50g Tomatoes, Cucumber- 1 Bowl salad Dressing: 1 Tbsp Olive Oil, Vinegar, Seasoning | Lunch: 640 Calories - 38g Protein - 97g Carbs - 42g Fat Baked Potato with Tuna & Sweet Corn 1 Baked Potatoes (200g each) 100g Tuna, 80g Sweet Corn, 1 tbsp Mayonnaise Green Salad dressed with 1 tsp Olive Oil, Vinegar, Seasoning | Lunch: 843 Calories - 50g Protein - 90 Carbs - 42g Fat Salmon & Salad Pittas 150 g Salmon 1 Whole-Wheat Pitta Breads 2 tbsp Mayonnaise, Salad 1 Guava | Lunch: 758 Calories - 41g Protein - 123g Carbs - 14g Fat Lentil and Bean Pot Squash, Lentil & Bean One-Pot Fruit Yogurt | Lunch: 750 Calories - 53g Protein - 89g Carbs - 30g Fat Tomato sea food Stew Tomato & Seafood Stew Buttered Whole-Wheat Roll |
| Snack | Snack 2: 160 Calories - 4g Protein - 3g Carbs - 14g Fat 25g Unsalted Nuts | Snack 2: 280 Calories - 6g Protein - 32g Carbs - 28g Fat 1 Avocado (mashed), on 2 Crackers | Snack 2: 193 Calories - 5g Protein - 42g Carbs - 1g Fat 1 Mashed Banana on 1 slice Wheat Toast | Snack 2: 120 Calories - 11g Protein - 13g Carbs - 9g Fat Figs - 4 pcs | Snack 2: 63 Calories - 0.7g Protein - 14g Carbs - 0.3g Fat 100 Gms Blueberries |
| Dinner | Dinner: 573 Calories - 74g Protein - 83g Carbs - 20g Fat 2 slices Meatloaf (1 inch each) 120g Mashed Potato 50g Peas, 2 Carrots Desert: 150 Calories - 2g Protein - 5g Carbs - 9g Fat Breaded pudding- 100g | Dinner: 636 Calories - 41g Protein - 49g Carbs - 29g Fat 4 Chicken Thighs (grilled/roasted) 150g (uncooked weight) Brown Rice Roast Mediterranean Vegetables (zucchini, red onion, capsicum, eggplant etc.) in 1 tsp Olive Oil | Dinner: 599 Calories - 34g Protein - 53g Carbs - 29g Fat Large Fish Fillet (200g) 300 g Potato Wedges, cooked in 1 tbsp Oil Mixed Salad Leaves, 1 tsp Olive Oil, seasoning | Dinner: 600 Calories - 44g Protein - 105g Carbs - 33g Fat Bologanise 100g Whole-Wheat Spaghetti Mixed Salad Leaves, 1 tpb Olive Oil, seasoning Dried apricot 8 pc | Dinner: 686 Calories - 81g Protein - 38g Carbs - 38g Fat Chicken Casserole 100g Cabbage 80g Peas Desert: 120 Calories - 1g Protein - 5g Carbs - 10g Fat Fruits Truffle- 150 gms |