

7-Day Weight Gain Meal Plan

A fully populated, week-long eating plan for healthy weight gain: breakfast, lunch, dinner and snacks for all seven days, with calories and macronutrients for every meal. Built for clinicians and nutrition professionals to hand to patients and customize.

2,800–3,200

CALORIES PER DAY

130 g+

PROTEIN PER DAY

0.5–1 lb

TARGET GAIN PER WEEK

How to set the calorie target

Estimate maintenance calories by multiplying body weight in pounds by 15–20, then add 300–500 calories to create the surplus. That surplus supports 0.5–1 lb of gain per week, the rate associated with preserved muscle and metabolic health.

BODY WEIGHT	MAINTENANCE CALORIES	SURPLUS TARGET (+300–500 CAL)	EXPECTED WEEKLY GAIN
130 lbs	1,950–2,340 cal	2,250–2,840 cal	0.5–1 lb
160 lbs	2,400–2,880 cal	2,700–3,380 cal	0.5–1 lb
190 lbs	2,850–3,420 cal	3,150–3,920 cal	0.5–1 lb

These figures are estimates. Start at the lower end of the surplus range and adjust weekly. If no gain appears after 2–3 weeks, add another 100–150 calories.

Macronutrient targets

- **Protein: 1.2–2.0 g per kg of body weight daily.** For a 70 kg (154 lb) patient that is 84–140 g.
- **Carbohydrates: 4–7 g per kg daily.** Complex sources fuel activity and refill glycogen.
- **Fats: 0.5–1.5 g per kg daily.** Olive oil, avocado, nuts and fatty fish support hormone production.

The seven days that follow sit inside these bands at roughly 3,000 calories a day. Scale every portion up or down to land on the patient's own surplus figure.

MEAL	WHAT TO EAT	CAL	P (G)	C (G)	F (G)
Breakfast	Rolled oats (90 g dry) cooked in 300 ml whole milk, topped with 1 tbsp peanut butter, 1 sliced banana and 1 tsp honey.	678	25	95	22
Mid-morning snack	Greek yogurt (200 g) with 40 g granola and 1 tsp honey.	320	22	40	8
Lunch	Grilled chicken breast (120 g), brown rice (200 g cooked), roasted vegetables, 1 tbsp olive oil and half an avocado.	738	41	76	30
Afternoon snack	Smoothie: 1 banana, 25 g whey protein, 250 ml whole milk, 1 tsp almond butter.	381	33	42	9
Dinner	Whole-grain pasta (110 g dry) with lean beef mince (100 g), tomato sauce, side salad dressed with 1 tbsp olive oil and 20 g parmesan.	728	40	88	24
Evening snack	Cottage cheese (150 g) with a sliced pear and 15 g walnuts.	259	20	20	11
Daily total	Target band: 2,800–3,200 cal, 130 g+ protein	3,104	181	361	104

Adjust portion sizes to your own surplus: multiply body weight in pounds by 15–20 for maintenance calories, then add 300–500 calories. Start at the lower end and review weekly.

SWAP IDEAS FOR THIS DAY

Rotate any protein for another of the same size, and any grain for oats, rice, quinoa or pasta. Vegan patients should use the swap table at the back of this plan. Add 1 tbsp of olive oil, nut butter or 250 ml of whole milk to lift a day by roughly 100–150 calories.

DAILY NOTES — APPETITE, TRAINING, SYMPTOMS, PORTIONS ACTUALLY EATEN

MEAL	WHAT TO EAT	CAL	P (G)	C (G)	F (G)
Breakfast	Three-egg omelette with 30 g cheddar and spinach, two slices of whole-grain toast and 1 tbsp olive oil spread.	638	32	60	30
Mid-morning snack	Wholemeal bagel with 1.5 tbsp peanut butter and a handful of dried apricots.	402	14	55	14
Lunch	Salmon fillet (140 g), quinoa (200 g cooked), steamed broccoli and 1 tbsp olive oil drizzle.	660	40	62	28
Afternoon snack	Greek yogurt (170 g) with 30 g granola, 1 tbsp chia seeds and blueberries.	338	20	42	10
Dinner	Beef and vegetable stir-fry (110 g beef) over brown rice (220 g cooked) with 1 tbsp sesame oil.	708	38	85	24
Evening snack	Whole milk (250 ml) with 20 g almonds.	234	13	14	14
Daily total	Target band: 2,800–3,200 cal, 130 g+ protein	2,980	157	318	120

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MEAL	WHAT TO EAT	CAL	P (G)	C (G)	F (G)
Breakfast	Overnight oats (80 g dry) with whole milk, 1 tbsp almond butter, 1 tbsp chia seeds and mixed berries.	664	24	88	24
Mid-morning snack	Cottage cheese (170 g) with pineapple and 20 g pumpkin seeds.	307	24	28	11
Lunch	Chicken and chickpea bowl: chicken thigh (120 g), chickpeas (150 g), couscous (180 g cooked), tahini dressing.	742	45	82	26
Afternoon snack	Peanut butter and banana sandwich on whole-grain bread.	416	16	52	16
Dinner	Baked cod (150 g), sweet potato mash (250 g) with butter, green beans and 1 tbsp olive oil.	630	38	70	22
Evening snack	Greek yogurt (150 g) with 1 tbsp honey and 15 g walnuts.	268	16	24	12
Daily total	Target band: 2,800–3,200 cal, 130 g+ protein	3,027	163	344	111

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MEAL	WHAT TO EAT	CAL	P (G)	C (G)	F (G)
Breakfast	Breakfast burrito: two eggs, black beans (100 g), cheese (30 g), avocado and a large whole-wheat tortilla.	644	30	68	28
Mid-morning snack	Smoothie: 250 ml whole milk, 1 banana, 30 g oats, 1 tbsp peanut butter.	414	17	55	14
Lunch	Turkey and hummus wrap (140 g turkey) with a side of brown rice salad and olive oil.	722	44	78	26
Afternoon snack	Trail mix: 25 g almonds, 25 g dried fruit, 15 g dark chocolate.	358	9	40	18
Dinner	Lentil and lamb stew (100 g lamb, 150 g lentils) with wholemeal flatbread and 1 tbsp olive oil.	712	40	84	24
Evening snack	Cottage cheese (150 g) with sliced kiwi.	181	18	16	5
Daily total	Target band: 2,800–3,200 cal, 130 g+ protein	3,031	158	341	115

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DAILY NOTES — APPETITE, TRAINING, SYMPTOMS, PORTIONS ACTUALLY EATEN

MEAL	WHAT TO EAT	CAL	P (G)	C (G)	F (G)
Breakfast	Protein pancakes (60 g oat flour, 2 eggs, 20 g whey) with 1 tbsp maple syrup, Greek yogurt and berries.	632	38	75	20
Mid-morning snack	Whole milk latte (300 ml) with a wholemeal muffin.	378	15	48	14
Lunch	Grilled mackerel (140 g) with barley salad (200 g cooked), roasted peppers and 1 tbsp olive oil.	716	35	72	32
Afternoon snack	Rice cakes with 2 tbsp almond butter and 1 sliced banana.	385	10	48	17
Dinner	Chicken thigh (130 g) with whole-grain pasta (100 g dry), pesto and a rocket salad.	730	42	82	26
Evening snack	Greek yogurt (150 g) with 20 g granola.	210	17	22	6
Daily total	Target band: 2,800–3,200 cal, 130 g+ protein	3,051	157	347	115

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MEAL	WHAT TO EAT	CAL	P (G)	C (G)	F (G)
Breakfast	Shakshuka with three eggs, chickpeas and feta, served with two slices of sourdough and olive oil.	664	33	70	28
Mid-morning snack	Banana with 1.5 tbsp peanut butter and a glass of whole milk (200 ml).	394	16	42	18
Lunch	Beef burger (110 g) on a whole-grain bun with avocado, cheese and a sweet potato wedge side.	742	40	78	30
Afternoon snack	Smoothie: 20 g whey protein, 250 ml whole milk, 40 g oats, 1 tbsp honey.	413	28	55	9
Dinner	Roast chicken (130 g), herbed potatoes (250 g), buttered carrots and gravy.	678	42	78	22
Evening snack	Cottage cheese (150 g) with 15 g pumpkin seeds and honey.	241	20	20	9
Daily total	Target band: 2,800–3,200 cal, 130 g+ protein	3,132	179	343	116

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DAILY NOTES — APPETITE, TRAINING, SYMPTOMS, PORTIONS ACTUALLY EATEN

MEAL	WHAT TO EAT	CAL	P (G)	C (G)	F (G)
Breakfast	French toast (three slices of whole-grain bread, two eggs) with Greek yogurt, berries and 1 tbsp maple syrup.	646	30	82	22
Mid-morning snack	Granola (50 g) with whole milk (250 ml) and sliced banana.	410	16	55	14
Lunch	Tuna and white bean salad (140 g tuna, 150 g cannellini beans) with wholemeal bread and 1 tbsp olive oil.	696	46	74	24
Afternoon snack	Greek yogurt (170 g) with 1 tbsp honey, 20 g walnuts and dried figs.	370	19	42	14
Dinner	Salmon fillet (150 g), brown rice (220 g cooked), tenderstem broccoli and 1 tbsp olive oil.	732	40	80	28
Evening snack	Whole milk (250 ml) with 20 g dark chocolate.	249	11	22	13
Daily total	Target band: 2,800–3,200 cal, 130 g+ protein	3,103	162	355	115

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Vegan and vegetarian swaps

Plant proteins are generally less calorie-dense than meat, so each swap below adds a fat or nut-butter component to hold the daily calorie total steady.

REPLACE	WITH
Chicken, beef, turkey	Tempeh (150 g) or seasoned tofu (200 g) — add 1 tbsp olive oil to match the calories.
Salmon, mackerel, cod	Marinated tofu steaks plus 1 tbsp hemp seeds, or a lentil and walnut ragu.
Whey protein	Pea or soy protein isolate, 30 g per serving.
Greek yogurt	Soy yogurt (200 g) with 1 tbsp hemp seeds to restore the protein.
Whole milk	Soy milk (250 ml); add 1 tbsp nut butter to match the fat and calories.
Cottage cheese	Silken tofu blended with lemon and nutritional yeast, or a soy skyr.
Eggs	Chickpea flour omelette (60 g flour) or scrambled tofu (200 g).
Cheddar, feta, parmesan	Fortified plant cheese plus 1 tbsp tahini for the missing calorie density.

High-protein variation for muscle gain

For patients training for strength, raise protein toward 2.0 g per kg (140–160 g daily) and trim carbohydrate portions slightly so the total calorie surplus stays the same. Spread protein across four to five meals, and take whey or pea protein within one to two hours after training. Review lifts weekly; if strength plateaus despite consistent eating, add another 100–200 calories.

Weekly shopping list

CATEGORY	ITEMS
Proteins	Chicken breast and thighs, lean beef mince, turkey, salmon, mackerel, cod, tuna, eggs, Greek yogurt, cottage cheese, cheddar, feta, parmesan, whey or pea protein, tofu, tempeh, lentils, chickpeas, black beans, cannellini beans.
Carbohydrates	Rolled oats, brown rice, quinoa, couscous, barley, sweet potatoes, potatoes, whole-grain bread, sourdough, wholemeal tortillas, whole-grain pasta, bagels, bananas, berries, pineapple, kiwi, pears.
Healthy fats	Olive oil, sesame oil, avocados, peanut butter, almond butter, tahini, almonds, walnuts, pumpkin seeds, chia seeds, hemp seeds, dark chocolate.
Calorie boosters	Whole milk, granola, dried apricots, dried figs, raisins, honey, maple syrup, butter.

Progress tracker

Record weight on the same day each week, under the same conditions. Expect 2–4 lbs a month rather than a rapid change.

WEEK	WEIGHT	AVERAGE DAILY CALORIES	ADHERENCE (DAYS ON PLAN)	NOTES
Week 1				
Week 2				
Week 3				
Week 4				
Week 5				
Week 6				
Week 7				
Week 8				

Foods to limit

- Sugary drinks and sodas — empty calories with no satiety.
- Refined carbohydrates without fiber, such as white bread, pastries and sugary cereals.
- Fried foods and trans fats, which impair metabolic health despite their calorie density.
- Excessive alcohol, which displaces nutrient-dense foods and impairs recovery.

When to refer to a registered dietitian

- Any history of an eating disorder.
- Post-surgical or post-illness recovery.
- Metabolic conditions such as diabetes or thyroid dysfunction.
- A weight-gain plateau lasting more than four weeks despite adherence.

Clinical note. This template is an educational starting point, not medical or dietetic advice. Calorie and macronutrient targets should be individualized by a qualified clinician. Share it with patients, log compliance, and adjust targets from your Pabau patient record. Learn more at pabau.com.