

Diet Chart With The Day-Wise Planner

2500 Calories /Day Diet Chart For Weight Gain

Meals	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast (250 - 300 cal)	2 servings Vegan Freezer Breakfast Burritos, 1 cup strawberries	1 serving Raspberry Peach Mango Smoothie Bowl, 1 hard-boiled egg	2 servings Maple-Nut Granola, 1 cup 2% milk	2 servings Maple-Nut Granola, 1 cup 2% milk	1 serving Raspberry Peach Mango Smoothie Bowl, 2 hard-boiled eggs	1 serving Raspberry Peach Mango Smoothie Bowl, 1 medium orange, 2 hard-boiled eggs	1 serving Vegan Freezer Burritos, 1 medium banana, 2 Tbsp. peanut butter
A.M. Snack	1 serving Almond-Honey Power Bar	15 baby carrots, 3 Tbsp. hummus, 1 medium orange	1 slice Swiss cheese, 8 whole-wheat crackers	15 carrot sticks, 1/4 cup hummus, 1 medium orange	2 servings Almond-Honey Power Bars	1 medium apple, 1 Tbsp. peanut butter	6 oz. plain Greek yogurt, 1/2 cup blueberries, 1 Tbsp. honey
Lunch (300 - 350 cal)	2 servings Vegetable & Tuna Pasta Salad, 1 cup mango chunks	1 serving Roasted Butternut Squash & Root Vegetables with Cauliflower Gnocchi, 1 slice whole-wheat toast with 1 tsp. unsalted butter	1 serving Roasted Butternut Squash & Root Vegetables with Cauliflower Gnocchi, 1 slice whole-wheat toast with 1 tsp. unsalted butter	1 serving Roasted Butternut Squash & Root Vegetables with Cauliflower Gnocchi, 1 slice whole-wheat toast with 1 tsp. unsalted butter	1 serving Roasted Butternut Squash & Root Vegetables with Cauliflower Gnocchi, 1 slice whole-wheat toast with 1 tsp. unsalted butter	2 servings Creamy Avocado and White Bean Wraps, 1 cup strawberries	2 servings Creamy Avocado and White Bean Wraps
P.M. Snack	1 large apple, 1 Tbsp. natural peanut butter	1 serving Homemade Microwave Popcorn, 1 large banana, 8 unsalted almonds	6 oz. plain Greek yogurt, 1 cup strawberries, 1 Tbsp. honey	4 graham crackers, 1 medium apple	2 servings Homemade Microwave Popcorn	4 graham crackers	1 serving Almond-Honey Power Bar
Dinner (400 - 500 cal)	1 serving Sheet-Pan Maple-Mustard Pork Chops with Carrots, 1 1/2 cups Easy Brown Rice	2 servings Philly Cheese Steak Sloppy Joes, 2 cups fresh spinach, 1 cup shredded carrots with olive oil and balsamic vinegar	2 servings Creamy Chicken, Brussels Sprouts, and Mushroom One-Pot Pasta	1 serving Southern Style Oven-Fried Chicken, 1 serving Greek Potato Salad, 1 serving Garlicky Green Beans	2 servings Green Goddess Salad with Chicken, 1 slice whole-wheat toast with 1 tsp. unsalted butter	2 servings Tortilla Chip Flounder with Black Bean Salad	1 serving Creamed Spinach-Stuffed Salmon, 2 servings Garlicky Green Beans, 3/4 cup Easy Brown Rice