

# Diet Chart With The Day Wise Planner

## 3100+ Calories /Day Diet Chart For Weight Gain

| Day   | Breakfast   | Snack 1   | Lunch  | Snack 2  | Dinner   | Snack 3                                   | Total Calories | Total Protein |
|-------|---|---|--|--|--|---|----------------|---------------|
| Day 1 | Ham & cheese omelet prepared in 1 Tbs olive oil (2 eggs, 1 oz ham, 1/4 cup cheese) Cranberry juice (1 cup)            | High Calorie Shake (Coffee)                                 | Barbeque (2 Tbs) sandwich (1/2 cup beef) Potato salad (1/2 cup) Fruit (1/2 cup) Whole milk (1 cup)               | Greek yogurt parfait (1 cup)                         | Spaghetti with meatballs (1-1.5 cups) Garlic bread (1 slice) Fruit (1/2 cup) Whole milk (1 cup)                  | High Calorie Shake (Chocolate Mint)       | 3241 calories  | 103 gm        |
|       | 413 cal, 18 gm pro  | 650 cal, 15 gm pro  | 587 cal, 26 gm pro   | 126 cal, 5 gm pro                                    | 615 cal, 26 gm pro   | 850 cal, 7 gm pro                         |                |               |
| Day 2 | Waffles (1) with butter (1 Tbs) & syrup (2 Tbs) Greek yogurt with fruit (1 single serve container) Whole milk (1 cup) | High Calorie Shake (Cherry Pie)                             | Ham salad sandwich (1/2 cup on bread) Edamame (1/2 cup) Fruit (1/2 cup) Whole milk (1 cup)                       | Cottage cheese (1/2 cup) Canned fruit (1 snack pack) | Lasagna (1/2 cup) Roll (1) with butter (1 Tbs) Whole milk (1 cup)  | High Calorie Shake (Vanilla Bean)         | 3432 calories  | 111 gm        |
|       | 664 cal, 22 gm pro  | 625 cal, 44 gm pro  | 710 cal, 35 gm pro   | 180 cal, 11 gm pro                                   | 608 cal, 24 gm pro   | 645 cal, 15 gm pro                        |                |               |
| Day 3 | Toast (1 slice) with butter (1 Tbs) & jelly (1 Tbs) Fruit juice (1/2 cup)   | High Calorie Shake (Butterscotch)                           | Cheeseburger with bun (1/4 lb beef) Fries (1/2 cup) Fruit (1/2 cup) Whole milk (1 cup)                           | Banana (1) with peanut butter (2 Tbs)                | Salmon (1 small fillet) prepared in butter (1 Tbs) Rice (1/2 cup) Broccoli (1/2 cup) Whole milk (1 cup)          | Cookies (3) Whole milk (1 cup)            | 3155 calories  | 131 gm        |
|       | 284 cal, 10 gm pro  | 575 cal, 8 gm pro   | 1031 cal, 41 gm pro  | 295 cal, 8 gm pro                                    | 594 cal, 35 gm pro   | 375 cal, 10 gm pro                        |                |               |
| Day 4 | Oatmeal (1/2 cup) with nut butter (2 Tbs) Fruit juice (1/2 cup)   | String cheese (1 stick) Crackers (5)                        | Tuna salad sandwich (1/2 cup on 2 slices bread) Fruit (1/2 cup) Whole milk (1 cup)                               | Banana (1) with peanut butter (2 Tbs)                | Ground beef tacos (1 taco) Refried beans (1/2 cup) Rice (1/2 cup) Whole milk (1 cup)                             | High Calorie Smoothie (Peanut Butter Cup) | 3396 calories  | 137 gm        |
|       | 405 cal, 14 gm pro  | 280 cal, 14 gm pro  | 672 cal, 27 gm pro   | 445 cal, 16 gm pro                                   | 579 cal, 30 gm pro   | 1060 cal, 25 gm pro                       |                |               |
| Day 5 | English muffin (1) with nut butter (2 Tbs) Whole milk (1 cup)   | Greek yogurt (1 single serving container) Berries (1/2 cup) | Chicken stir fry (1/2 cup with 1/2 cup rice) Pineapple (1/2 cup) Whole milk (1 cup)                              | String cheese (1 stick) Crackers (5)                 | Fettuccine alfredo (3/4 cup) prepared with shrimp (1/2 cup) Garlic bread (1 slice) Whole milk (1 cup)            | High Calorie Shake (Strawberry)           | 3212 calories  | 130 gm        |
|       | 540 cal, 22 gm pro  | 143 cal, 12 gm pro  | 555 cal, 24 gm pro   | 280 cal, 14 gm pro                                   | 744 cal, 48 gm pro   | 950 cal, 22 gm pro                        |                |               |
| Day 6 | Oatmeal (1/2 cup) with nut butter (2 Tbs) Fruit juice (1/2 cup)   | High Calorie Smoothie (Strawberry Banana)                   | Chicken stir fry (1/2 cup with 1/2 cup rice) Pineapple (1/2 cup) Whole milk (1 cup)                              | Hard-boiled egg (1 large) Cherry tomatoes (1/2 cup)  | Meat with potatoes (1/2 cup total meal) Cooked carrots (1/2 cup) Roll (1) with butter (1 Tbs) Whole milk (1 cup) | High Calorie Shake (Hazelnut Chocolate)   | 3129 calories  | 103 gm        |
|       | 405 cal, 14 gm pro  | 800 cal, 27 gm pro  | 482 cal, 24 gm pro   | 143 cal, 9 gm pro                                    | 593 cal, 24 gm pro   | 890 cal, 11 gm pro                        |                |               |
| Day 7 | Toast (1 slice) with butter (1 Tbs) & jelly (1 Tbs) Fruit juice (1/2 cup)   | High Calorie Shake (Alfredo)                                | Meat with potatoes (1/2 cup total meal) Cooked carrots (1/2 cup) Roll (1) with butter (1 Tbs) Whole milk (1 cup) | Cookies (3) Whole milk (1 cup)                       | Bread (1 slice) with butter (2 Tbs) Cheese (2 slices) Fruit (1/2 cup) Whole milk (1 cup)                         | High Calorie Smoothie (Blueberry Blast)   | 3126 calories  | 110 gm        |
|       | 422 cal, 14 gm pro  | 750 cal, 11 gm pro  | 490 cal, 23 gm pro   | 375 cal, 10 gm pro                                   | 593 cal, 24 gm pro   | 465 cal, 12 gm pro                        |                |               |