



Weight Gain Diet

Breakfast

- Large sized bowl of high fibre cereal, ½ an apple or orange, or strawberries on top, and a Progain shake.
- Bowl of porridge made in water with 1 tbsp of raisins and a Progain shake.
- Omelette (3 egg whites & 1 yolk) made with ½ a cup of chopped onions, peppers and ham. Serve with 1 wholemeal muffin and a Progain shake.
- Yoghurt & a bowl of high fibre cereal with 1 piece of fruit and a Progain shake.

Mid-morning & Mid-afternoon Snack

- Tuna mayo sandwich on wholemeal bread.
- Large handful of mixed nuts with 2 pieces of fruit.
- Promax meal bar with 1-2 pieces of fruit.
- Progain and 1 banana.



Lunches

- Grilled chicken & salad sandwich in wholemeal bread, or have an open chicken sandwich on 1 slice of bread. Progain shake.
- 2 hard boiled eggs, 2 slices of wholemeal toast, salad and 2 tbsp of cottage cheese. Progain shake.
- Wholemeal roll, ½ a chicken breast, lettuce, tomato, cheese and 1 piece of fruit. Progain shake.
- Chicken breast, jacket potato and vegetables. Progain shake.
- Chicken or tuna in pitta pockets with 1 tbsp of sweetcorn, beetroot, mandarin oranges with a small amount of mayo. Progain shake.
- Scrambled egg on toast, grilled mushrooms and grilled tomatoes. Progain shake.



Dinners

- Steak, pasta and vegetables. Yoghurt for dessert.
- Grilled chicken breast, 2 medium baked potatoes, 2tbsp cottage cheese and fresh vegetables. 1 piece of fruit.
- Pork fillet with 2 cups of whole pasta, broccoli and carrots.
- Cup of chopped peppers, onions, sweetcorn, 1tbsp kidney beans, ½ chicken breast, 1 cup of boiled rice and 1/3 jar of homepride sauce.
- Salmon with 3-4 potatoes, 2tbsp sweetcorn, broccoli and carrots.
- 3-egg omelette (only one yolk) with milk, chopped chicken breast, ½ onion, red peppers, 1tbsp kidney beans and microwaved fresh veg as a side dish.
- Any low fat ready meal. Add fresh veg to fill up.
- Grilled steak and vegetables.
- Grilled spare ribs and vegetables.

Before bed

- Tub of cottage cheese in wholemeal toat or ryvita. Progain shake.

You need to be getting around 4000 calories into the body to start bulking up as your work is quite strenuous.

Normally try to get food into the body every 2-3 hours or so. It is very important to prevent fat storage. Don't just eat loads of fatty foods as you want to put on weight in muscle and not just fat.

Start with this to get used to more foods and regular eating patterns before increasing intake.