

# Meal Plan - Weight Gain

(high protein, high kilojoule)

Prepared for Australian Eggs by Food & Nutrition Australia, September 2019



## INTRODUCTION

Gaining weight can be just as challenging as losing weight. While the main focus is to increase energy and protein intakes, it is also important to maintain a healthy balanced diet without eating too many foods that might have high amounts of calories but little in the way of good nutrition.

This meal plan provides one example of how to achieve a higher protein and higher calorie intake from healthy energy-giving foods such as lean meat, dairy, eggs, seeds and nuts, which will assist you to enjoy your food while working your way toward achieving your weight gain goals.

Those with a medical issue should seek advice from a medical practitioner before changing their diet.



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Prepared by an Accredited Practising Dietitian at  
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## NOTES ABOUT THIS MEAL PLAN

- This meal plan provides approximately 11,500kJ daily and is based on the average energy and nutrient requirements for weight gain in 18 – 65 year old adults who undertake light to moderate levels of activity. Your energy requirements vary depending on age, activity, health status, height and weight. For personalised advice, seek the services of an Accredited Practising Dietitian.
- This meal plan provides at least the minimum number of serves from each of the core food groups as recommended in the Australian Guide to Healthy Eating\* for adults (other than women over 51 years and men over 70 years who require additional milk, cheese or yoghurt).

\*Australian Guide to Health Eating, NHMRC, Commonwealth of Australia, 2013 <http://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>



	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
BREAKFAST	<b>Peanut Butter on Wholegrain Toast</b> Toasted wholegrain bread + 2 tbsp peanut butter. Drizzle with honey to taste. Serve with 1 hot chocolate, made with milk + 1 serve of fruit (eg. 1 medium pear or orange).	<b>Chia Porridge with Fruit</b> 2 tbsp chia seeds + rolled oats + 1.5 cup full cream milk + 1 serve of fruit (eg. 1 medium banana or 6 dried prunes).	<b>Sweet Potato Spanish Omelette (1 serve)</b> See recipe at <a href="https://bit.ly/2QfETvk">https://bit.ly/2QfETvk</a> Serve with 1 cafe latte or hot chocolate made with full cream milk.	<b>Wholegrain Cereal with Milk and Fruit</b> Wholegrain flaky cereal + full cream milk + 2 tbsp linseeds + 1 serve of fruit (eg. 6 dried apricot halves or 4 small plums).	<b>Poached Eggs with Sautéed Field Mushroom and Avocado (1 serve)</b> See recipe at <a href="https://bit.ly/34U7Scf">https://bit.ly/34U7Scf</a> Serve with 1 cafe latte or hot chocolate made with full cream milk.	<b>Fruit Toast with Berry Smoothie</b> Slices of fruit toast spread with butter and/or jam to taste. Serve with a smoothie made with 1 cup full cream milk + 1 cup berries + 2 tbsp linseed/sunflower/almond meal.	<b>Bechamel Spinach Baked Egg (1 serve)</b> See recipe at <a href="https://bit.ly/33SONat">https://bit.ly/33SONat</a> Serve with 1 café latte.
LUNCH	<b>Chicken and Pasta Salad</b> Cooked chicken + pasta + 1 cup leafy green vegetables (eg. spinach, rocket) + tomato + avocado + crumbled feta cheese + olive oil/vinegar dressing.	<b>Egg, Cheese and Salad Wrap</b> 2 boiled & mashed eggs + 2 cheese slices + avocado + 1 cup salad vegetables (eg. lettuce, cucumber, carrot, capsicum) rolled up in tortilla bread (make 2 wraps) + 1 cup fruit juice.	<b>Lentil, Vegetables and Barley Soup</b> Lentils with 1 cup chopped vegetables (eg. carrot, pumpkin, celery, onion), vegetable stock and barley. Serve with dollop of natural yoghurt. + 1 serve of fruit.	<b>Chicken and Noodle Stir-fry</b> Sliced lean chicken + Hokkein noodles + 1 cup vegetables (eg. beans, capsicum, spinach, carrot) cooked in sesame oil + sweet soy sauce dressing. Sprinkle with sesame seeds.	<b>Fish and Chips</b> Dip fish filets in flour, egg then breadcrumbs and shallow fry in canola oil. Serve with homemade thick potato chunky chips, lemon wedges and 2 cups mixed salad vegetables with olive oil dressing. + 1 serve of fruit.	<b>Tuna and Quinoa Salad</b> Tuna in oil mixed with 3 bean mix + 2 cups salad vegetables (eg. leafy greens, tomato, cucumber, carrot, capsicum) + cooked quinoa + olive oil/vinegar dressing.	<b>Beef and Noodle Soup</b> Thinly sliced beef + fresh flat rice noodles + 1 cup vegetables (eg. bean sprouts, carrot, broccoli) cooked in vegetable stock. Sprinkle with diced green onion. + 1 serve of fruit (eg. 1 medium apple or banana).
DINNER	<b>Lamb Chops and Vegetables</b> Lamb chop, trimmed & shallow fried in olive oil. Serve with sweet potato mash made with milk and olive oil + 2 cups cooked vegetables.	<b>Baked Salmon, Cous Cous and Vegetables</b> Oven baked salmon fillet, sprinkled with sesame oil and sesame seeds + wholemeal cous cous + 2 cups cooked vegetables. Serve with hommus.	<b>Spaghetti Bolognese</b> Lean mince with tomato, tomato puree, herbs & garlic served on spaghetti and sprinkled with cheese + 1 cup salad (eg. baby spinach, carrots, cucumber) with olive oil based dressing.	<b>Nasi Goreng Tray Bake (1 serve)</b> See recipe at <a href="https://bit.ly/2QfeyiK">https://bit.ly/2QfeyiK</a> Serve with 2-cup mixed salad vegetables.	<b>Mango Chicken and Corn</b> Grilled chicken thighs served with mango salsa, corn on the cob & 1.5 cups baked vegetables (eg. carrot, onion, beans) in olive oil.	<b>Easy Fish Pie</b> See recipe at <a href="https://bit.ly/2NH68Nz">https://bit.ly/2NH68Nz</a> Serve with 2 cup mixed salad vegetables.	<b>Pork Roast and Vegetables</b> Lean pork roast + baked potato + 1.5 cups baked vegetables + olive oil (for cooking).
DESSERT /SUPPER	<b>Fresh Fruit and Cheese Platter</b> Slice and serve a variety of fresh fruits in season and cheese.	<b>Fruit Salad Dessert</b> Fresh fruit salad with ice cream.	<b>Fruit Smoothie</b> Made with 1 cup milk + 1 tbsp walnuts + fruit (eg. a small mango or berries).	<b>Fruit Pop</b> Made with frozen fruits (eg. bananas or mangos) with Greek yoghurt.	<b>Yoghurt Parfait</b> Layer 1 tub of yoghurt and muesli/rolled oats in tall serving glasses. Top with handful of mixed nuts and/or seeds.	<b>Pavlova and Fruit</b> Pavlova topped with fresh fruit salad. Serve with custard.	<b>Fruit Crepe</b> Sliced fruit and ricotta cheese wrapped in crepe. Drizzle with syrup or honey to taste.
SNACKS	Handful of mixed nuts and/or seeds.	Handful of mixed nuts and/or seeds. Fruit toast with butter and/or jam.	20g cheese + Canned tuna in oil on wholegrain crackers.	1 serve of fruit (eg. 5 prunes or 1 cup fresh fruit salad). 1 cup hot chocolate made with full cream milk.	Banana slices + ricotta cheese + nut butter on toast.	1 tub yoghurt. 3 wholegrain crackers with hummus.	1 tub yoghurt. Handful of mixed nuts and/or seeds.