

## Weight Gain Eating Plan - Female

1,200 - 1,500 Caloric Diet Guide

### MEAL 1

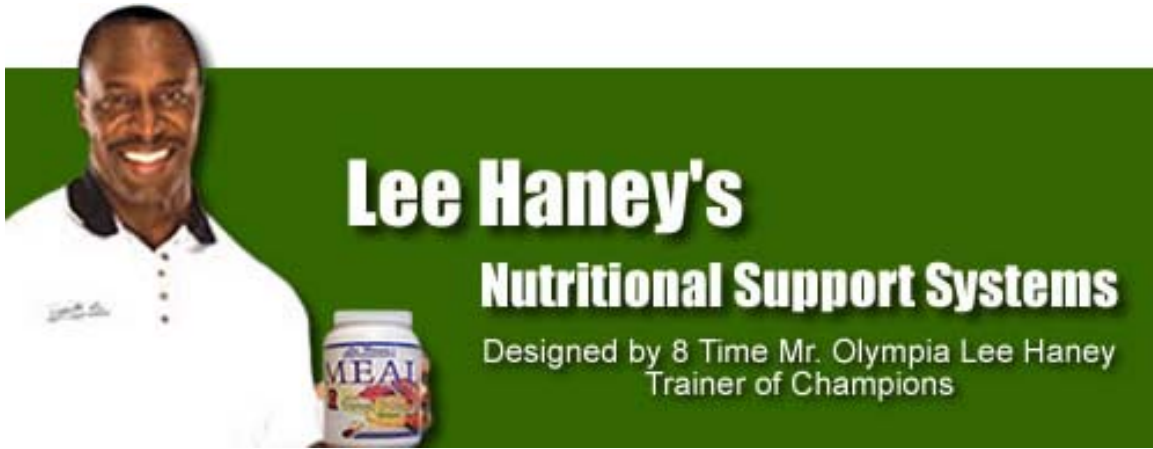
1 Whole Egg & 3 Egg Whites (scrambled)	141 Calories
1 Slice Wheat Bread	70 Calories
1 Teaspoon of Low Calorie Jelly	40 Calories
1 Medium Apple	120 Calories
8 oz. Water	0 Calories
<b>TOTAL</b>	<b>371 Calories</b>

### MEAL 2

Fruit Selections (Select two Fruits)	250 Calories
Medium Banana, 127 Calories	
Apple, 120 Calories	
Pear, 133 Calorie	
OR	
Protein Blend Shake (1 scoop) 130 Calories	250 Calories
With 8 oz. Rice Milk 120 Calories	
<b>TOTAL</b>	<b>250 Calories</b>

### MEAL 3

Chicken Breast	150 Calories
½ cup rice	170 Calories
Medium salad with low calorie dressing	80 Calories
8 oz. Water	0 Calories
<b>TOTAL</b>	<b>400 Calories</b>



**MEAL 4**

*Same as Meal 2*

Fruit Selections (Select two Fruits)	250 Calories
Medium Banana, 127 Calories	
Apple, 120 Calories	
Pear, 133 Calorie	

OR

Protein Blend Shake (1 scoop) 130 Calories	250 Calories
With 8 oz. Rice Milk 120 Calories	

**TOTAL 250 Calories**

**MEAL 5**

4 oz. Halibut or Salmon	150 Calories
Steamed Vegetables (Medium Portion)	100 Calories
1 Slice Wheat Bread	70 Calories
8 oz. Water	0 Calories

**TOTAL 320 Calories**

**ENTIRE MEAL CALORIC TOTAL = 1,591 Calories**

The supplements listed is a crucial part of completing this particular meal plan:

- Lee Haney's Multi-Vitamin
- Lee Haney's Multi-Mineral
- Lee Haney's Protein Blend; Proplex
- Lee Haney's Natural Growth Enhancer
- Lee Haney's Joint Mobility

To increase body weight, add 250 - 300 calories to the listed meal plan. Also, incorporate weight-training exercises to stimulate muscle growth.