

Weight Gain Eating Plan

2000 - 2500 Caloric Diet Guide

MEAL 1

3 oz. Granola	390 Calories
8 oz. Rice Milk	120 Calories
1 Medium Apple	120 Calories
8 oz. Water	0 Calories
TOTAL	630 Calories

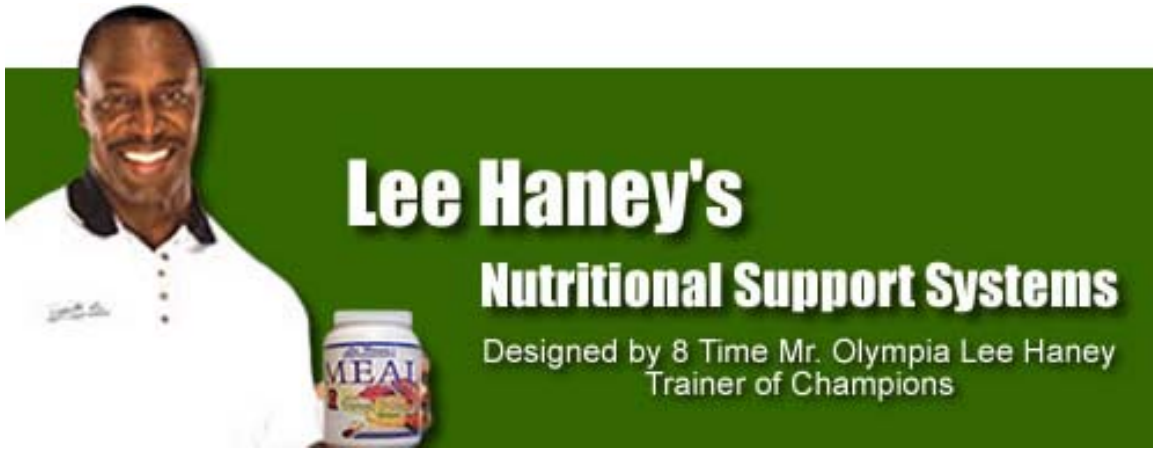
MEAL 2

Protein Blend Shake (2 scoops)	260 Calories
With 8 oz. Rice Milk	120 Calories
1 Medium Apple	120 Calories
TOTAL	500 Calories

MEAL 3

Turkey Sandwich 5 oz. Sliced turkey (low sodium)	150 Calories
2 sliced of wheat Bread	140 Calories
1 Slice Swiss Cheese	80 Calories
Lettuce & Tomato	11 Calories
Mustard Spread	0 Calories
8 oz. Water	0 Calories
TOTAL	380 Calories

MEAL 4



Lee Haney's
Nutritional Support Systems
 Designed by 8 Time Mr. Olympia Lee Haney
 Trainer of Champions

Chicken Breast	150 Calories
1 Medium Mixed Fruit Salad	200 Calories
TOTAL	350 Calories

MEAL 5

Protein Blend Shake (2 scoops)	260 Calories
With 8 oz. Rice Milk	120 Calories
1 Medium Banana	127 Calories
TOTAL	507 Calories

SNACK

½ cup almonds during the day 400 Calories (A great source of fat.)