
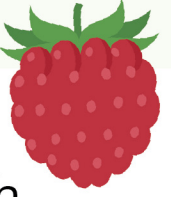


# 7-DAY HEALTHY WEIGHT-GAIN MEAL PLAN: 2,500 CALORIES

	<b>Breakfast</b> Aim for 250 - 300 cal.	<b>A.M. Snack</b> Aim to fulfill calories	<b>Lunch</b> Aim for 300-350 cal.	<b>P.M. Snack</b> Aim to fulfill calories	<b>Dinner</b> Aim for 400 - 500 cal.
<b>Day 1</b>	2 servings Vegan Freezer Breakfast Burritos and 1 cup strawberries	1 serving Almond-Honey Power Bar	2 servings Vegetable & Tuna Pasta Salad and 1 cup mango chunks	1 large apple and 1 Tbsp. natural peanut butter 	1 serving Sheet-Pan Maple-Mustard Pork Chops and Carrots and 1 1/2 cups Easy Brown Rice
<b>Day 2</b>	1 serving Raspberry Peach Mango Smoothie Bowl and 1 hard-boiled egg	15 baby carrots, 3 Tbsp. hummus, and 1 medium orange	1 serving Roasted Butternut Squash & Root Vegetables with Cauliflower Gnocchi and 1 slice whole-wheat toast with 1 tsp. unsalted butter	1 serving Homemade Microwave Popcorn, 1 large banana, and 8 unsalted almonds	2 servings Philly Cheese Steak Sloppy Joes 2 cups fresh spinach & 1 cup shredded carrots topped with 1/2 Tbsp. olive oil & 1/2 Tbsp. balsamic vinegar
<b>Day 3</b>	2 servings Maple-Nut Granola and 1 cup 2% milk	1 slice Swiss cheese and 8 whole-wheat crackers	1 serving Roasted Butternut Squash & Root Vegetables with Cauliflower Gnocchi 1 and slice whole-wheat toast with 1 tsp. unsalted butter	6 oz. 2% plain Greek yogurt, 1 cup strawberries, and 1 Tbsp. honey	2 servings Creamy Chicken, Brussels Sprouts and Mushroom One-Pot Pasta
<b>Day 4</b>	2 servings Maple-Nut Granola and 1 cup 2% milk	15 carrot sticks, 1/4 cup hummus, and 1 medium orange	1 serving Roasted Butternut Squash & Root Vegetables with Cauliflower Gnocchi 1 and slice whole-wheat toast with 1 tsp. unsalted butter	4 graham crackers and 1 medium apple	1 serving Southern Style Oven-Fried Chicken, 1 serving Greek Potato Salad, and 1 serving Garlicky Green Beans
<b>Day 5</b>	1 serving Raspberry Peach Mango Smoothie Bowl and 2 hard-boiled eggs 	2 servings Almond-Honey Power Bars	1 serving Roasted Butternut Squash & Root Vegetables with Cauliflower Gnocchi 1 and slice whole-wheat toast with 1 tsp. unsalted butter	2 servings Homemade Microwave Popcorn	2 servings Green Goddess Salad with Chicken and 1 slice whole-wheat toast with 1 tsp. unsalted butter
<b>Day 6</b>	1 serving Raspberry Peach Mango Smoothie Bowl, 1 medium orange, and 2 hard-boiled eggs	1 medium apple and 1 Tbsp. peanut butter	2 servings Creamy Avocado and White Bean Wraps and 1 cup strawberries	4 graham crackers	2 servings Tortilla Chip Flounder with Black Bean Salad
<b>Day 7</b>	1 serving Vegan Freezer Burritos, 1 medium banana, and 2 Tbsp. peanut butter	6 oz. 2% plain Greek yogurt, 1/2 cup blueberries, and 1 Tbsp. honey	2 servings Creamy Avocado and White Bean Wraps	1 serving Almond-Honey Power Bar	1 serving Creamed Spinach-Stuffed Salmon, 2 servings Garlicky Green Beans, and 3/4 cup Easy Brown Rice