Sample Diets for *Gaining Weight/Muscle* Mass

SAMPLE FOOD LIST

Food Item	Serving Size	Calories	Protein (g)	Carbs (g)	Fat (g)
Whole Egg	1	74	6	0	5
Skim Milk	cup	86	8	12	0
Orange Juice	cup	112	1.5	27	0
Chicken Breast	medium	280	53	0	6
Steak	6 ounces	516	57	0	30
Wheat Bread	2 slices	140	6	26	0
Oatmeal	cup	145	6	25	0
Apple	medium	110	0	29	0
Pineapple	cup	74	0	20	0
Turkey slices	4 slices	200	32	2	8
Ham	4 slices	180	20	3	9
Swiss Cheese	2 slices	216	15	3	16
American Cheese	2 slices	190	10	4	15
Cheddar Cheese	2 slices	190	10	4	15
Pasta (with pesto)	cup	370	10	27	25
Plain Pasta	cup	196	7	40	1
White Bread	2 slices	69	2	13	1
Grapes	cup	110	1	29	0
Strawberries	cup	49	1	12	0
Mayonnaise (lite)	tablespoon	32	0	2	3
Marinara Sauce	cup	142	4	21	5
Meat Sauce	cup	339	32	11	17
Alfredo Sauce	cup	996	22	6	100
Shrimp	cup	200	38	2	3
Scallops	cup	191	29	4	6
Salmon Steak	medium steak	243	34	1	10
Cod Fillet	medium fillet	196	18	8	10
Cantaloupe	cup	53	1	13	0
Honeydew	cup	61	1	15	0
Broccoli	cup	30	2	6	0
Carrots	cup	52	1	12	0
Cucumber	cup	14	1	2	0
Gatorade	20 ounces	125	0	35	0

Goal: Gain Body Weight/Muscle Mass
Sample Athlete:

BW 125 lbs

Calories needed at least 2500 daily

SAMPLE DAILY DIET

Servings	Cal	P	C	F
1	74	6	0	5
1	86	8	12	0
2	224	3	54	0
2	280	12	52	0
2	220	0	58	0
half	100	16	1	4
1	216	15	3	16
2	392	14	80	2
1	110	1	29	0
1	49	2	12	0
1	32	0	2	3
1	339	32	11	17
1	243	34	1	10
1	53	1	15	0
1	30	2	6	0
half	52	1	12	0
half	14	1	2	0
1	125	0	35	0
TOTALS:	2639	148	385	47
	Cal	P	C	F

Healthy Weight Gain = 1 Pound Per Week

Sample Diets for *Gaining Weight/Muscle* Mass

SAMPLE FOOD LIST

Food Item	Serving Size	**Calories**	Protein (g)	Carbs (g)	Fat (g)
Whole Egg	1	74	6	0	5
Skim Milk	cup	86	8	12	0
Orange Juice	cup	112	1.5	27	0
Chicken Breast	medium	280	53	0	6
Steak	6 ounces	516	57	0	30
Wheat Bread	2 slices	140	6	26	0
Oatmeal	cup	145	6	25	0
Apple	medium	110	0	29	0
Pineapple	cup	74	0	20	0
Turkey slices	4 slices	200	32	2	8
Ham	4 slices	180	20	3	9
Swiss Cheese	2 slices	216	15	3	16
American Cheese	2 slices	190	10	4	15
Cheddar Cheese	2 slices	190	10	4	15
Pasta (with pesto)	cup	370	10	27	25
Plain Pasta	cup	196	7	40	1
White Bread	2 slices	69	2	13	1
Grapes	cup	110	1	29	0
Strawberries	cup	49	1	12	0
Mayonnaise (lite)	tablespoon	32	0	2	3
Marinara Sauce	cup	142	4	21	5
Meat Sauce	cup	339	32	11	17
Alfredo Sauce	cup	996	22	6	100
Shrimp	cup	200	38	2	3
Scallops	cup	191	29	4	6
Salmon Steak	medium steak	243	34	1	10
Cod Fillet	medium fillet	196	18	8	10
Cantaloupe	cup	53	1	13	0
Honeydew	cup	61	1	15	0
Broccoli	cup	30	2	6	0
Carrots	cup	52	1	12	0
Cucumber	cup	14	1	2	0
Gatorade	20 ounces	125	0	35	0

Goal: Gain Body Weight/Muscle Mass
Sample Athlete:

BW **165 lbs**

Calories needed **at least 3000 daily**

SAMPLE DAILY DIET

Servings	Cal	P	C	F
1	74	6	0	5
2	172	16	24	0
2	224	3	54	0
2	280	12	52	0
2	220	0	58	0
1	200	32	2	8
1	216	15	3	16
2	392	14	80	2
2	220	2	58	0
1	49	2	12	0
1	32	0	2	3
1	339	32	11	17
1	243	34	1	10
1	53	1	15	0
1	30	2	6	0
half	52	1	12	0
half	14	1	2	0
2	250	0	70	0
TOTALS:	3060	173	462	51
	Cal	P	C	F

Healthy Weight Gain = 1 Pound Per Week

Sample Diets for *Gaining Weight/Muscle* Mass

SAMPLE FOOD LIST

Food Item	Serving Size	**Calories**	Protein (g)	Carbs (g)	Fat (g)
Whole Egg	1	74	6	0	5
Skim Milk	cup	86	8	12	0
Orange Juice	cup	112	1.5	27	0
Chicken Breast	medium	280	53	0	6
Steak	6 ounces	516	57	0	30
Wheat Bread	2 slices	140	6	26	0
Oatmeal	cup	145	6	25	0
Apple	medium	110	0	29	0
Pineapple	cup	74	0	20	0
Turkey slices	4 slices	200	32	2	8
Ham	4 slices	180	20	3	9
Swiss Cheese	2 slices	216	15	3	16
American Cheese	2 slices	190	10	4	15
Cheddar Cheese	2 slices	190	10	4	15
Pasta (with pesto)	cup	370	10	27	25
Plain Pasta	cup	196	7	40	1
White Bread	2 slices	69	2	13	1
Grapes	cup	110	1	29	0
Strawberries	cup	49	1	12	0
Mayonnaise (lite)	tablespoon	32	0	2	3
Marinara Sauce	cup	142	4	21	5
Meat Sauce	cup	339	32	11	17
Alfredo Sauce	cup	996	22	6	100
Shrimp	cup	200	38	2	3
Scallops	cup	191	29	4	6
Salmon Steak	medium steak	243	34	1	10
Cod Fillet	medium fillet	196	18	8	10
Cantaloupe	cup	53	1	13	0
Honeydew	cup	61	1	15	0
Broccoli	cup	30	2	6	0
Carrots	cup	52	1	12	0
Cucumber	cup	14	1	2	0
Gatorade	20 ounces	125	0	35	0

Goal: Gain Body Weight/Muscle Mass
Sample Athlete:

BW **200 lbs**

Calories needed **at least 3500 daily**

SAMPLE DAILY DIET

Servings	Cal	P	C	F
4	296	24	0	20
2	172	16	24	0
2	224	3	54	0
2	280	12	52	0
1	145	6	25	0
2	220	0	58	0
1	74	0	20	0
1.5	300	48	3	12
1	216	15	3	16
2	392	14	80	2
2	220	2	58	0
1	49	2	12	0
1	32	0	2	3
1	339	32	11	17
1	243	34	1	10
1	53	1	15	0
1	30	2	6	0
half	52	1	12	0
half	14	1	2	0
2	250	0	70	0
TOTALS:	3601	213	508	70
	Cal	P	C	F

Healthy Weight Gain = 1 Pound Per Week

Sample Diets for *Gaining Weight/Muscle* Mass

SAMPLE FOOD LIST

Food Item	Serving Size	**Calories**	Protein (g)	Carbs (g)	Fat (g)
Whole Egg	1	74	6	0	5
Skim Milk	cup	86	8	12	0
Orange Juice	cup	112	1.5	27	0
Chicken Breast	medium	280	53	0	6
Steak	6 ounces	516	57	0	30
Wheat Bread	2 slices	140	6	26	0
Oatmeal	cup	145	6	25	0
Apple	medium	110	0	29	0
Pineapple	cup	74	0	20	0
Turkey slices	4 slices	200	32	2	8
Ham	4 slices	180	20	3	9
Swiss Cheese	2 slices	216	15	3	16
American Cheese	2 slices	190	10	4	15
Cheddar Cheese	2 slices	190	10	4	15
Pasta (with pesto)	cup	370	10	27	25
Plain Pasta	cup	196	7	40	1
White Bread	2 slices	69	2	13	1
Grapes	cup	110	1	29	0
Strawberries	cup	49	1	12	0
Mayonnaise (lite)	tablespoon	32	0	2	3
Marinara Sauce	cup	142	4	21	5
Meat Sauce	cup	339	32	11	17
Alfredo Sauce	cup	996	22	6	100
Shrimp	cup	200	38	2	3
Scallops	cup	191	29	4	6
Salmon Steak	medium steak	243	34	1	10
Cod Fillet	medium fillet	196	18	8	10
Cantaloupe	cup	53	1	13	0
Honeydew	cup	61	1	15	0
Broccoli	cup	30	2	6	0
Carrots	cup	52	1	12	0
Cucumber	cup	14	1	2	0
Gatorade	20 ounces	125	0	35	0

Goal: Gain Body Weight/Muscle Mass
Sample Athlete:

BW 235 lbs

Calories needed at least 3800 daily

SAMPLE DAILY DIET

Servings	Cal	P	C	F
4	296	24	0	20
2	172	16	24	0
2	224	3	54	0
2	280	12	52	0
1	145	6	25	0
2	220	0	58	0
1	74	0	20	0
1.5	300	48	3	12
1	216	15	3	16
2	392	14	80	2
2	220	2	58	0
1	49	2	12	0
1	32	0	2	3
1	339	32	11	17
1	200	38	2	3
1	243	34	1	10
1	53	1	15	0
1	30	2	6	0
half	52	1	12	0
half	14	1	2	0
2	250	0	70	0
TOTALS:	3801	251	510	73
	Cal	P	C	F

Healthy Weight Gain = 1 Pound Per Week

Sample Diets for *Gaining Weight/Muscle* Mass

SAMPLE FOOD LIST

Food Item	Serving Size	**Calories**	Protein (g)	Carbs (g)	Fat (g)
Whole Egg	1	74	6	0	5
Skim Milk	cup	86	8	12	0
Orange Juice	cup	112	1.5	27	0
Chicken Breast	medium	280	53	0	6
Steak	6 ounces	516	57	0	30
Wheat Bread	2 slices	140	6	26	0
Oatmeal	cup	145	6	25	0
Apple	medium	110	0	29	0
Pineapple	cup	74	0	20	0
Turkey slices	4 slices	200	32	2	8
Ham	4 slices	180	20	3	9
Swiss Cheese	2 slices	216	15	3	16
American Cheese	2 slices	190	10	4	15
Cheddar Cheese	2 slices	190	10	4	15
Pasta (with pesto)	cup	370	10	27	25
Plain Pasta	cup	196	7	40	1
White Bread	2 slices	69	2	13	1
Grapes	cup	110	1	29	0
Strawberries	cup	49	1	12	0
Mayonnaise (lite)	tablespoon	32	0	2	3
Marinara Sauce	cup	142	4	21	5
Meat Sauce	cup	339	32	11	17
Alfredo Sauce	cup	996	22	6	100
Shrimp	cup	200	38	2	3
Scallops	cup	191	29	4	6
Salmon Steak	medium steak	243	34	1	10
Cod Fillet	medium fillet	196	18	8	10
Cantaloupe	cup	53	1	13	0
Honeydew	cup	61	1	15	0
Broccoli	cup	30	2	6	0
Carrots	cup	52	1	12	0
Cucumber	cup	14	1	2	0
Gatorade	20 ounces	125	0	35	0

Goal: Gain Body Weight/Muscle Mass
Sample Athlete:

BW 275 lbs

Calories needed at least 4100 daily

SAMPLE DAILY DIET

Servings	Cal	P	C	F
4	296	24	0	20
2	172	16	24	0
2	224	3	54	0
3	420	18	78	0
1	145	6	25	0
2	220	0	58	0
1	74	0	20	0
1.5	300	48	3	12
1.5	270	30	4.5	13.5
1	216	15	3	16
2	392	14	80	2
2	220	2	58	0
1	49	2	12	0
1	32	0	2	3
1	339	32	11	17
1	200	38	2	3
1	243	34	1	10
1	53	1	15	0
1	30	2	6	0
half	52	1	12	0
half	14	1	2	0
2	250	0	70	0
TOTALS:	4211	287	540.5	86.5
	Cal	P	C	F

Healthy Weight Gain = 1 Pound Per Week