

# WEIGHT GAIN MEAL PLAN FOR WOMEN



**BY DAULAT HUSSAIN**



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**MEAL 1**

- Whole grain cereals with apple
- 3 egg whites 1 whole egg

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**MEAL 2**

- Protein drink
- Apple
- Nuts

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**MEAL 3**

- Chicken breast
- Brown rice or Pasta

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**MEAL 4**

- 2 Slice of Whole grain bread with 1sp peanut butter
- 3 Egg whites

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**MEAL 5**

- Protein drink with milk
- Large Banana

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**MEAL 6**

- Fish/tuna
- Broccoli
- Large garden salad

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**NOTE: REMEMBER TO DRINK BETWEEN 10 TO 12 GLASSES OF WATER PER DAY**