

# BLOG CHEF'S WEIGHT GAIN MEAL PLAN FOR FEMALES

## DAY 1

BREAKFAST: PEANUT BUTTER ON WHOLEGRAIN TOAST  
LUNCH: CHICKEN AND PASTA SALAD  
DINNER: LAMB CHOPS AND VEGETABLES  
DESSERT: FRESH FRUIT AND CHEESE PLATTER  
SNACKS: A HANDFUL OF MIXED NUTS AND SEEDS

## DAY 2

BREAKFAST: CHIA PORRIDGE WITH FRUIT  
LUNCH: EGG, CHEESE, AND SALAD WRAP  
DINNER: BAKED SALMON, COOS COOS AND VEGETABLES  
DESSERT: FRUIT SALAD DESSERT  
SNACKS: FRUIT TOAST WITH BUTTER AND JAM

## DAY 3

BREAKFAST: SWEET POTATO SPANISH OMELET  
LUNCH: LENTIL, VEGETABLES, AND BARLEY SOUP  
DINNER: SPAGHETTI BOLOGNESE  
DESSERT: FRUIT SMOOTHIE  
SNACKS: 20G CHEESE AND CANNED TUNA IN OIL ON WHOLE-GRAIN CRACKERS

## DAY 4

BREAKFAST: WHOLEGRAIN CEREAL WITH MILK AND FRUIT  
LUNCH: CHICKEN AND NOODLE STIR-FRY  
DINNER: NAZI GOREN TRAY BAKE  
DESSERT: FRUIT POP  
SNACKS: ONE CUP OF HOT CHOCOLATE MADE WITH FULL CREAM MILK

## DAY 5

BREAKFAST: POACHED EGGS WITH FIELD MUSHROOM AND AVOCADO  
LUNCH: FISH AND CHIPS  
DINNER: MANGO CHICKEN AND CORN  
DESSERT: YOGHURT PARFAIT  
SNACKS: BANANA SLICES AND RICOTTA CHEESE

## DAY 6

BREAKFAST: FRUIT TOAST WITH BERRY SMOOTHIE  
LUNCH: TUNA AND QUINOA SALAD  
DINNER: EASY FISH PIE  
DESSERT: PAVLOVA AND FRUIT  
SNACKS: THREE WHOLEGRAIN CRACKERS WITH HUMMUS.

## DAY 7

BREAKFAST: BÉCHAMEL SPINACH BAKED EGG  
LUNCH: BEEF AND NOODLE SOUP  
DINNER: PORK ROAST AND VEGETABLES  
DESSERT: ONE TUB YOGURT