



HEALTHY WEIGHT GAIN PLAN (± 9200KJ)

Total Energy (TE)	Protein	% of TE	Carbohydrates	% of TE	Fat	% of TE
9200kJ	135g	25	243g	45	72g	30

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	2 slices of a high fibre, low GI bread 1 boiled egg, 1 tablespoon grated cheddar cheese and sliced tomato 1 small pear	1/2 cup or 100g low fat yoghurt FUTURELIFE® High Protein Bar	Homemade Burger 2 wholewheat rolls 2 lean beef patties 1 tablespoon lite mayonnaise 1 teaspoon tomato sauce 1 cup tomato, lettuce, gherkins, onions	Peanut Butter Banana Protein Bliss Smoothie 1 cup low fat milk 1 mashed medium banana 50g FUTURELIFE® HIGH PROTEIN Smart food™ 1 handful ice cubes 1 tablespoon peanut butter, unsweetened	Chicken Stir-Fry and Noodles 1 cup egg noodles 2 small chicken breasts cut into strips 1½ cups mixed stir fry vegetables (starchy and non-starchy, fresh or frozen) with low sodium soya sauce *Make enough chicken for lunch next day
DAY 2	1 cup low fat milk 1 banana 1 cup or 45g FUTURELIFE® Bran Flakes and Barley with Probiotic Capsules 2 teaspoons of honey	3 cups home-made popcorn 60g lean biltong	Wholewheat Chicken Roll and Salad 2 wholewheat rolls 120g grilled chicken, cut into strips cooked with 1 tablespoon BBQ sauce 1 cup sliced lettuce, tomato, carrot, cucumber, gherkins 1 tablespoon lite mayonnaise	½ cup or 100g low fat yoghurt 1 small fruit juice 200ml (100%)	Grilled fish, Sweet Potato and Salad ½ cup sweet potato mashed 120g grilled fish with lemon juice 1 cup green salad mixed with ¼ round of feta cheese ½ cup steamed broccoli, baby marrow and green beans
DAY 3	2 slices of a high fibre, low GI bread 2 tablespoons peanut butter 2 teaspoons of honey	3 slices of pineapple 1 bran/blueberry muffin 1 cup low-fat milk	Mexican Mince Wrap 2 wholewheat wraps 120g lean mince 30g cheddar cheese ½ cup sweet corn ¼ avocado 1 cup sliced lettuce, tomato, carrot, cucumber, onion	40g or 4 heaped tablespoons FUTURELIFE® CRUNCH Smart food™ 1/2 cup or 100g low fat yoghurt 1/2 cup fruit salad/ berries	Grilled Chicken with Roast Veggies and Salad 1 cup roasted vegetables (starchy + non-starchy) 1 chicken thigh + 1 drumstick, grilled, skinless 1 cup green salad ¼ round of feta cheese
DAY 4	Smoothie 50g FUTURELIFE® Smart food™ WHEAT 1 small banana 1 cup low-fat milk 1 handful of ice-cubes 1 tablespoon peanut butter	1 small fruit juice (100%) 200ml FUTURELIFE® High Protein Bar	Tuna Mayo Sandwich 4 slices of a high fibre, low GI bread 90g tuna with lite mayonnaise 1 cup sliced tomato, cucumber, carrot and onion 1 tablespoon lite mayo	1/2 cup or 100g low fat yoghurt 4 high fibre crackers 4 tablespoons cottage cheese	Curry Mince with Rice and Vegetables 1 cup of brown rice 120g lean mince, curried 1 cup steamed broccoli and cauliflower made with a bechamel sauce ½ cup pumpkin with cinnamon

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DAY 5	Mocha High Protein Smoothie ½ cup coffee, already prepared ½ cup low fat vanilla yoghurt 50g or ½ cup FUTURELIFE® HIGH PROTEIN Smart food™ Chocolate flavour 1 handful ice cubes	4 high fibre crackers 2 tablespoons peanut butter, unsweetened 1 medium banana	Tomato and Cheese Toastie 4 slices of a high fibre, low GI bread toasted 90g of cheddar cheese with slices of tomato 1 cup of green salad 1 tablespoon margarine	Fruit Smoothie 1 cup low fat milk, handful of ice mixed with 1 cup strawberries/berries 3 cups of homemade popcorn 30g lean biltong	Grilled Pork Chop with Potato and Green Beans 6 baby potatoes with skin 120g Grilled pork chop, fat removed 1 cup grilled green beans with cherry tomatoes, sprinkled with ¼ round of feta cheese and 1 teaspoon olive oil
DAY 6	1 cup or 45g FUTURELIFE® Bran Flakes and Barley with Probiotic Capsules 1 cup low fat milk 1 banana 2 teaspoons of honey	1/2 cup or 100g low fat yoghurt 1/2 cup mango FUTURELIFE® High Protein Bar	Spaghetti Bolognese 1½ cups pasta 120g lean savoury mince in ½ cup tomato and onion mix ½ cup carrot, peas and sweet corn 2 teaspoon chutney	2 high fibre crackerbread 4 tablespoons cottage cheese 30g lean biltong	Grilled Meat, Butternut and Salad 1 cup butternut, sprinkled with cinnamon and 1 teaspoon of honey 120g grilled meat of your choice 1 cup green salad ¼ feta round ½ cup sautéed carrots
DAY 7	Berry Blast Shake 1 cup frozen berries 1 cup low fat milk 1 tablespoon lemon juice 50g FUTURELIFE® HIGH PROTEIN Smart food™ Handful of ice	1/2 cup or 100g low fat yoghurt Small bunch of grapes	Chicken, Rice and Veggies 1½ cup stir-fry veggies (starchy and non-starch, fresh/frozen) with soya sauce 1½ cups brown rice 2 chicken breasts, grilled	3 cups homemade popcorn 30g lean biltong	Cottage Pie and Salad 120g lean mince 1 cup mashed potatoes ½ cup cooked tomato and onion 1 cup green salad and ¼ feta round ½ cup gem squash

DAILY EXTRA ALLOWANCES

- Drink plenty of water (at least 8 glasses/day)
- See website for more smoothie recipes
- 125ml low fat or full cream milk for coffee or tea during day
- To increase energy intake further it is suggested to make FUTURELIFE® with full cream milk
- FUTURELIFE® HIGH PROTEIN Shake can be enjoyed as a snack when there is no time to prepare food.
- Can use 1 teaspoon of olive oil/ lite salad dressing/hummus/margarine in lunch and dinner preparation

