

Food	Quantity	Measure	Energy (Kcal)	Carbohydrate	Protein	Fat
<b>Jelly pots</b>						
Jelly sugar free made with water	86	1x Average Portion	6	0	1	0
		Meal Total	6	0g	1.4g	0g
<b>Pickles</b>						
Gherkins pickled drained	100	1x large	15	3	1	0
		Meal Total	15	2.5g	0.9g	0.1g
<b>Frozen grapes</b>						
Grapes red	50		36	9	0	0
		Meal Total	36	8.5g	0.3g	0.05g
<b>Meat slices with cucumber</b>						
Cucumber raw flesh and skin	23	1x Average Portion	3	0	0	0
Turkey slices	40	1x Average Portion	46	0	9	1
		Meal Total	49	0.76g	9.4g	0.9g
<b>Lettuce wraps</b>						
Chicken slices	42	3x Average slice	48	1	10	1
Lettuce average raw	25	1x Small portion (sandwich/roll)	3	0	0	0
		Meal Total	51	1.1g	10g	0.66g
<b>Biltong</b>						
Beef Biltong	25	1x serving	85	2	15	2
		Meal Total	85	1.6g	14.5g	2.3g
<b>Greek yoghurt</b>						
Mixed berries frozen	60	2x tablespoon	18	4	1	0
Yogurt greek plain 0% fat	125	1x average pot	72	5	13	0
		Meal Total	90	8.6g	13.7g	0.12g
<b>Oatcakes and cottage cheese</b>						
Cheese cottage plain reduced fat	20	2x teaspoon	14	1	2	0
Oatcakes nairns organic	19	2x oatcake	82	11	2	3
		Meal Total	95	11.9g	3.9g	3.5g
<b>Popcorn</b>						
Propercorn popcorn Sweet coconut and vanilla	25	1x bag	98	17	2	3
		Meal Total	98	16.7g	2.2g	2.5g
<b>Edamame beans</b>						
Edamame beans boiled without salt	80	1x serving (1/2 cup)	104	8	9	4
		Meal Total	104	7.9g	8.7g	4.2g
<b>Whey shake</b>						
Whey protein isolate powder	30	1x average serving/scoop	114	0	27	0
		Meal Total	114	0.42g	27g	0.45g
<b>Babybel</b>						
Cheese Babybel original (full fat)	40	2x piece	122	0	9	10
		Meal Total	122	0g	8.8g	9.6g
<b>Celery peanut butter</b>						
Celery raw	30	1x 1/2 stick	2	0	0	0
Peanut butter wholegrain	20	1x tablespoon	121	1	5	11
		Meal Total	123	1.7g	5.1g	10.7g

**Vegetable sticks and hummus**

Carrots old raw	67	1x medium carrot	24	5	0	0
Cucumber raw flesh and skin	150	1x 1/4 average cucumber	21	2	2	1
Hummus retail	30	1x tablespoon	89	2	2	8
		Meal Total	134	9.2g	4.2g	8.9g

**Berries with coconut and lime**

Coconut milk canned	60	4x tablespoon	108	2	1	11
Lime juice fresh	5	1x Average Portion	0	0	0	0
Mixed berries frozen	140	1x cup	42	9	1	0
		Meal Total	150	10.8g	1.9g	11.1g

**Cheese and celery**

Celery raw	90	1x NHS Serving	7	1	0	0
Cheese Cheddar English	40	1x Average Portion	166	0	10	14
		Meal Total	173	0.85g	10.6g	14.1g

**Apples and eggs**

Apples eating raw flesh and skin	240	2x Small	63	14	0	0
Eggs chicken whole boiled	100	2x average egg	143	0	14	10
		Meal Total	206	13.8g	14.8g	10.2g

**Quark and whey**

Cheese Quark	150	0.6x small tub	110	6	22	0
Whey protein isolate powder	30	1x average serving/scoop	114	0	27	0
		Meal Total	224	6.1g	49g	0.45g

**Smoothie**

Milk semi-skimmed pasteurised average	200		95	9	7	3
Mixed berries frozen	60	2x tablespoon	18	4	1	0
Spinach baby raw	20	1x cup	3	0	1	0
Whey protein isolate powder	30	1x average serving/scoop	114	0	27	0
		Meal Total	230	13.2g	35g	4.1g

**Quark and avocado**

Avocado average flesh only	70	1x NHS serving (1/2 Avocado)	133	1	1	14
Cheese Quark	150	0.6x small tub	110	6	22	0
		Meal Total	244	7g	23.2g	13.7g

**Cheese and apple**

Apples eating raw flesh and skin	174	1x Medium	92	20	1	1
Cheese Cheddar English	40	1x Average Portion	166	0	10	14
		Meal Total	258	20.1g	11.2g	14.8g

**Tinned mackerel**

Mackerel canned in tomato sauce	125	1x Average can	258	2	21	19
		Meal Total	258	1.8g	20.5g	18.8g

**Nuts and Greek yoghurt**

Mixed nuts (no peanuts)	30	1x Average Portion	189	2	5	18
Yogurt greek plain 0% fat	125	1x average pot	72	5	13	0

## Weight Gain Checklist

### 1. Prioritise recovery

Ensure that you consume a carbohydrate and protein rich snack immediately after you train. Also include a protein rich snack before bed (smoothie, cheese on crackers, cereal and milk).

### 2. Eat regularly

Optimise muscle protein synthesis and help kcal intake by eating every 2-3 hours.

### 3. Carbohydrate choices

Sugary foods like honey, jam, malt loaf and flapjacks prior to training are good ways to increase your carbohydrate intake and help with performance. Likewise, consuming these types of foods after you train helps with glycogen synthesis and recovery. Also strive to substitute your carbohydrate choices for higher calorie ones, for instance pasta instead of rice, bagels instead of bread and granola instead of oats.

### 4. Add more healthy fats

Fat is an easy way to consume more kcals. Use olive oil more often when cooking, add butter to vegetables, choose fattier cuts of meat and dairy. Also try to include nut butters as part of your snacks.

### 5. Utilise liquid nutrition

Smoothies, recovery shakes and intra-workout drinks are an easy way to bump up kcals without the feeling of fullness.

### 6. Consider Supplements

If you cannot meet your kcal and macronutrient targets with food alone, consider using creatine, a weight gain supplement and protein powder.

Food	Quantity	Measure	Energy (Kcal)	Carbohydrate	Protein	Fat
<b>Biltong with piece of fruit</b>						
Beef Biltong	30	1.2x serving	102	2	17	3
Oranges flesh only	210	1x Large	78	17	2	0
		Meal Total	180kcal	18.7g	19.1g	3.2g
<b>Peanut butter and banana</b>						
Bananas flesh only	100	1x Medium	86	20	1	0
Peanut butter wholegrain	20	1x tablespoon	121	1	5	11
		Meal Total	207kcal	21.4g	6.2g	10.7g
<b>PB and honey on toast</b>						
Bread wholemeal toasted	32	1x Medium slice	80	14	4	1
Honey	10	1.4x teaspoon	31	8	0	0
Peanut butter wholegrain	20	1x tablespoon	121	1	5	11
		Meal Total	232kcal	23.4g	8.6g	11.5g
<b>Cottage cheese and pineapple</b>						
Cheese cottage plain	200	2x Average serving	207	6	19	12
Pineapple raw flesh only	80	1x NHS serving	34	8	0	0
		Meal Total	242kcal	13.9g	19.1g	12.2g
<b>Dried fruit and greek yoghurt</b>						
Dried mixed fruit	30	1x Average Portion	85	20	1	0
Yogurt Greek plain whole	150	1x Larger pot	176	6	15	11
		Meal Total	262kcal	26.1g	15.4g	10.6g
<b>Nuts and Greek yoghurt</b>						

Mixed nuts (no peanuts)	30	1x Average Portion	189	2	5	18
Yogurt greek plain 0% fat	125	1x average pot	72	5	13	0
		Meal Total	262	7.3g	18.3g	17.7g
<b>Chocolate milk</b>						
Milk flavoured pasteurised chocolate	400	1.6x cup/small carton	291	45	14	6
		Meal Total	291kcal	45g	14.4g	6g
<b>Boiled eggs and piece of fruit</b>						
Apples eating raw flesh and skin	174	1x Medium	92	20	1	1
Eggs chicken whole boiled	150	3x average egg	214	0	21	14
		Meal Total	306kcal	20g	22.2g	15.3g
<b>Apple and nuts</b>						
Apples eating raw flesh and skin	174	1x Medium	92	20	1	1
Nuts and raisins mixed	50	0.3x cup	244	16	7	17
		Meal Total	336kcal	35.6g	8.1g	17.9g
<b>Yoghurt parfait</b>						
Bananas flesh only	100	1x Medium	86	20	1	0
Mixed berries frozen	90	3x tablespoon	27	6	1	0
Whey protein isolate powder	30	1x average serving/scoop	114	0	27	0
Yogurt greek plain 0% fat	200	1.3x Larger pot	116	8	21	0
		Meal Total	342kcal	33.8g	50g	0.73g
<b>Cottage cheese on a bagel</b>						
Bagel cinnamon and raisin	90	1x average	249	49	10	2
Cheese cottage plain	100	1x Average serving	104	3	9	6
		Meal Total	353kcal	52g	18.9g	7.6g
<b>Cheese on toast</b>						
Bread brown toasted	32	1x Medium slice	84	16	3	1
Cheese Cheddar English	40	1x Average Portion	166	0	10	14
Milk semi-skimmed pasteurised average	250	1x cup / serving	118	11	9	4
		Meal Total	368kcal	27.1g	22.1g	19g
<b>Granola with Greek yoghurt</b>						
Jordan granola cereals	50	1x 1/2 cup	204	31	5	7
Yogurt Greek style plain	125	1x average pot	166	6	7	13
		Meal Total	371kcal	36.8g	11.6g	19.7g
<b>Tuna avocado smash</b>						
Avocado average flesh only	140	1x average	267	3	3	27
Tuna canned in brine drained	130	1x Standard can (180g) drained	141	0	32	1
		Meal Total	408kcal	2.7g	35g	28.6g
<b>PB on bagel</b>						
Bagel wholemeal toasted	76	3.2x mini	211	39	10	2
Bananas flesh only	100	1x Medium	86	20	1	0
Peanut butter wholegrain	20	1x tablespoon	121	1	5	11
		Meal Total	418kcal	60g	16g	12.5g
<b>Tinned mackerel on toast with fruit</b>						
Apples eating raw flesh and skin	174	1x Medium	92	20	1	1
Bread wholemeal toasted	64	2x Medium slice	160	29	7	2
Mackerel canned in tomato sauce whole contents	125	1x Average can	258	2	21	19

		Meal Total	510kcal	50g	28.7g	21.5g
<b>Builders smoothie</b>						
Avocado average flesh only	70	1x NHS serving (1/2 Avocado)	133	1	1	14
Bananas flesh only	100	1x Medium	86	20	1	0
Milk semi-skimmed pasteurised average	200		95	9	7	3
Mixed berries frozen	90	3x tablespoon	27	6	1	0
Peanut butter wholegrain	20	1x tablespoon	121	1	5	11
Spinach baby raw	20	1x cup	3	0	1	0
Whey protein isolate powder	30	1x average serving/scoop	114	0	27	0
		Meal Total	579kcal	37.8g	43g	28.5g