

ANG WEIGHT GAIN DIET Para sa mga nasa Laylayan

BUDGET-FRIENDLY HIGH-CALORIE MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	3 slices Raisin wheat bread 2 pcs Scrambled Egg Coffee with Sugar	1 cup Rice 1/2 cup Corned Beef 2 pcs Ponkan Tea with Sugar	2 pcs Large Pandesal 2 slices Cheddar cheese 1 large Apple Coffee with Sugar	3 slices Raisin wheat bread 3 Tbsp Peanut butter Water Tea with Sugar	1 cup Fried Rice 4 pcs Sardines 1 large Banana Coffee with Sugar
LUNCH	1 cup Rice 1.5 cup Ginisang Ampalaya with Egg	1 cup Rice 1 cup Crispy Dilis 1 cup Ensaladang Kamatis	1 cup Rice 1/2 cup Canned Tuna in oil 1 cup Fresh tomatoes	1 cup Rice 1.5 cup Ginisang Sayote with Ground Pork	1 cup Rice 2 servings Adobong Atay ng Manok 1 cup Steamed Bok choy
SNACK	2 pcs Banana Cue 4 Tbsp Mani	1 pc Maruya 1 Tbsp Peanut butter 2 pcs Ponkan	2 pack Cream filled cookies 4 Tbsp Mani 1 large Apple	2 cups Pancit Canton 1 pc Egg 4 Tbsp Raisins	4 slices Kamote cue 4 Tbsp Mani
DINNER	1 cup Rice 3 pcs Fried Galunggong 1/2 cup tirang Ginisang Ampalaya	1 cup Rice 2 squares Tokwa 1/2 cup Kangkong in Oyster sauce	1 cup Rice 1 large Tortang Talong	1 cup Fried Rice 1 pc Grilled Tilapia 1/2 cup Blanched Okra with bagoong	1 cup Rice 3 pcs Danggit 1 cup Ginisang Munggo
SNACK	1 cup Whole milk 1 slice Banana Cake	1 cup Soymilk 2 pcs Hopia	1 cup Whole milk 2 pcs Pan de coco	1 cup Soymilk 2 pcs Spanish bread	1 cup Whole milk 2 pcs Kababayan

*DISCLAIMER

This meal plan is for general information only and is intended for generally healthy individuals. If you have medical conditions and wish to have a diet plan that suits your specific needs, please consult a registered nutritionist-dietitian.

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