

# FOODS FOR WEIGHT GAIN

Whole or 2% milk	Milkshakes
Salad dressing	Mayonnaise
Cheese	Burgers
Raisin Bran Cereal	Oatmeal
Crackers	Croissant
Peanut butter and jelly	Club sandwiches
Bagel	Cream based soup
Prime rib	Steak
Ice Cream	Chicken
Ham Steak	Fish
Peanuts	Peas
Potatoes	Carrots
Bananas	Protein drinks
Beans	

These foods are to be eaten in moderation with consideration taken to body type, weight gain goals, time period of attempted weight gain and the type of mass that you are targeting. These foods should be added to current diet as a substitution or a supplement to current diet.