

## Weight Gain Information Plan

| <b>630am Meal Options</b>   | <b>930am meal Options</b>  | <b>1230 Meal Options</b>                                     | <b>330pm Meal Options</b>                                | <b>630pm Meal Options</b>  | <b>Evening Snack Options</b>   |
|---|--|--|--|--|--|
| egg whites, or hard boiled egg whites , whole wheat toast, jam or peanut butter   | Meal bar or post workout protein shake or boiled eggs                | Green leafy lettuce Salad with roasted chicken or tuna fish, | Fruit Salad- variety Shake and peanuts / almonds         | Chicken, tuna, or fish, lean meat sandwich on wheat bread, no mayo –                         | Water - make up for missing glasses at end of the day to be better hydrated tomorrow |
| Yogurt, milk, cereal (whole wheat grain cereals – multi grains s the best option) | Yogurt Smoothie with protein   | SubWay Sandwich  | Turkey whole wheat wrap<br><br>shake optional            | Mixed salads with variety of veges – green leafy lettuce, broccoli, carrots, tomatoes, onion | Whole wheat bagel  |
| Lean Meat on whole wheat bagel or bread / toast                                   | Lean Meat / cheese wrap  | Vegetable beef stew  | Can of tuna with water                                   | Chicken, asparagus or broccoli, brown rice, wheat bread – fruit dessert                      | Whole wheat toast  |
| Protein shake or yogurt smoothie  | Assorted Nuts and berries mix –                                      | Whole wheat Pasta and marina sauce                           | Milkshake or protein shake                               | Veggie or Turkey burger with lettuce, tomato onion – mustard / mayo                          | Italian Ice  |
| Meal replacement bar plus sandwich  | Beans and brown rice / celery sticks and peanut butter & milk        | Burrito or whole wheat turkey or lean meat wrap              | Chopped Chicken with hard boiled egg and lettuce or rice | Lean sirloin, green or lima beans, salad, whole grain garlic bread, ice cream                | popcorn  |
| Banana, apple, small carrots, pears or orange                                     | Fruit options – 1-2 cups of honeydew / watermelon, and/or cantaloupe | Spinach Salad with almonds, strawberries, lean meat          | Yogurt smoothie with protein powder                      | Broiled Fish, steamed brown rice, green leafy salad  |  |
| Always drink:   |  |  |  |  |  |
| Water – ½ - 1 qt<br>1 quart gatorade  | Water – 1 qt /<br>gatorade   | Water – 1 qt or<br>gatorade                                  | Water 1 qt or<br>gatorade                                | <b>Water or<br/>Gatorade 1 qt</b>  |  |

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Hard Gainers – You have done everything and still cannot gain weight. You need to look at:

**Calories IN versus Calories OUT** – how many calories are you burning each day just living plus adding in work, workouts, other activities? How many calories are you EATING each day? Are you eating enough to gain weight? Most people do not realize it but they have a caloric deficit each day and therefore cannot gain muscle or weight.

So, if you want to gain weight pump up the calories. It does not matter if you swim or all day and burn 10000 calories a day. If you want to gain weight you can BUT you have to eat more than 10000 calories a day to do so.

If you mix in one or two short workouts in the day you can make your mini-meals protein and carb enriched to replenish your energy level and give the body needed muscle building / fat burning fuel. The chart above will help you with ideas of how to use this diet in your day with a variety of foods. Each one of the blocks represents an idea of what to do for that meal. If you need to eat the entire row of options each day to gain weight then do so. It is likely the average active person seeking to gain weight needs to eat 3000-3500 calories a day to gain a pound a week. If that does not work then your workouts are expending more calories than that and you need to add another 500 calories a day. Do this with nuts, almonds, beans, meats, and complex carbs especially if you are a hard gainer. If you are a hard gainer – add more carbs than the average person as you metabolize protein differently than others.

– for weight gain and extra calories so you do not lose weight with high mileage running / swimming routines.

ALL Meals should be hefty portions that take up at least an entire plate or even two servings (plates)

Every AM meal – add protein shake or milkshake of your own making.

Every noon meal – add peanut butter and jelly sandwiches or try sliced bananas in place of jelly  
Up to two extra sandwiches ...

Afternoon snack – drink water, Gatorade, replenish lost carbs, protein with recommended snacks in above chart

Dinner / post dinner snack...add peanut butter/banana or jelly to meals to additional calories / carbs etc...

PS – Only do this diet during rigorous 2 a days and beginning of football season – once you get used to training and football sessions – drop the additional calories in the mid day and mid morning...

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## About the Author



Former Navy Lieutenant (SEAL) Stew Smith graduated from the United States Naval Academy in 1991 and received orders to Basic Underwater Demolition/SEAL (BUD/S) training, (Class 182). He has written workouts that prepare future BUD/S students for SEAL Training to include "[The Complete Guide to Navy SEAL Fitness](#)" and "[Maximum Fitness](#)" and many other military special ops and law enforcement programs.

Stew Smith writes about fitness and acing physical fitness tests and is the founder of Heroes of Tomorrow Fitness - an online fitness resource for people seeking military or law enforcement / Fire fighting professions. Basically - anything that requires a fitness test to enter, StewSmith.com has the answer.

He is certified by the National Strength and Conditioning Association as a strength and conditioning specialist (CSCS). These books and downloadable manuals can take you from beginner to a combat conditioned veteran. Let these workouts assist you in becoming a better conditioned athlete. The following list is the published books he has written and the downloadable manuals to his credit as well. All books and manuals are fitness related and are simply written accounts of his experience as a trainer and his own athletic history.

### **Stew Smith's Published Books /DVDs**

[The Complete Guide to Navy SEAL Fitness](#) (Book / DVD)

[Maximum Fitness](#) - The Complete Guide to Navy SEAL Cross-training

[The SWAT Workout](#)

[Common Sense Self Defense](#)

[The Special Operations Workout](#)

[Prehab Fitness Video](#)

[The Combat Swimmer Stroke DVD](#)

[The PFT Fitness Clinic DVD](#)

# Weight Gain Information Plan

## **General Fitness and Nutritional Guides for Everyone**

[The Beginner / Intermediate Guide to Fitness](#)

[Reclaim Your Life - Erin O'neill Story \(beginner / intermediate\)](#)

[Veterans Fitness - Baby Boomer and a Flat Stomach!](#)

[Kids Workout - Ace the President Fitness Test / Award](#)

[The Busy Executive Workout Routine](#)

[The Perfect Pushup Bible](#)

[The New Advanced Weights / PT / Cardio Plan - Winter Phase](#)

[Advanced Maintenance / Recovery Plan](#)

## **The Military Physical Fitness Workouts**

[Combat Conditioning Workout](#)

[Navy SEAL Workout Phase 1 Beginner Weeks 1-6](#)

[Navy SEAL Workout Phase 2 - 3 - Intermediate Weeks 1-12](#)

[Navy SEAL Workout Phase 4 Grinder PT](#)

[Navy SWCC Workout](#)

[The Army Special Forces / Ranger Workout](#)

[The Army Air Assault School Workout](#)

[The Army Airborne Workout](#)

[USMC IST and PFT](#)

[USMC RECON Workout](#)

[Air Force PJ / CCT Workout](#)

[The Coast Guard Rescue Swimmer Workout](#)

[USMC OCS / TBS Workout](#)

[The Service Academy Workout \(West Point, Navy, Air Force Academy\)](#)

[The Navy, Army, Air Force, Marine Corp Bootcamp Workout](#)

[The Army OCS and PFT Workout](#)

## **The Law Enforcement Physical Fitness Workouts**

[The FBI Academy Workout](#)

[The DEA Workout](#)

[The FLETC Workout - Ace the PEB](#)

[The PFT Bible: Pushups, Situps, 1.5 Mile Run](#)

[The Fire Fighter Workout](#)

# Weight Gain Information Plan

Stew Smith's eBooks are sold on the following sites:

[www.stewsmith.com](http://www.stewsmith.com)  
[www.heroesoftomorrow.org](http://www.heroesoftomorrow.org)  
[www.military.com](http://www.military.com)  
[www.navyseals.com](http://www.navyseals.com)  
[www.policelink.com](http://www.policelink.com)

## Contact Stew Smith (Email)

As part of the downloadable, you do have access to email me at anytime and I will answer your questions as soon as possible. Below are the different ways to contact me for any of the products and services at [www.stewsmith.com](http://www.stewsmith.com)

Email - [stew@stewsmith.com](mailto:stew@stewsmith.com)

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