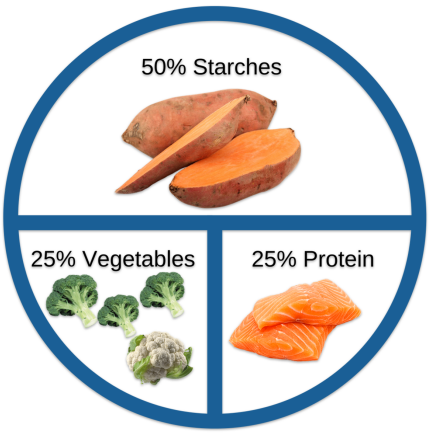
INTEGRATIVE HEALTH PRACTITIONER



3 Tbs Fat

WEIGHT GAIN DIET

Breakfast

- **1-2 cups of oatmeal or yams with healthy fat + cinnamon** (on side or with smoothie)
- **2 scoops Daily Nutritional Support powder**
- **2 cup of berries** (frozen) **+ 1/2-1 banana**
- **1+ cup of greens** (spinach, etc. or use 1 TBSP Daily Fruit & Vegetable blend)
- **2 TBSP of healthy fat** (coconut cream, chia seeds)
- **16-20oz of spring water (May use 6oz unsweetened nut milk** (carrageenan, xanthan gum free)
- **Blend and drink over 60-minutes** (can wait to drink until warm if needed for digestion)

Lunch

- **1-2 cups of vegetables** (cooked)
- **1-2 cups of root vegetables** (sweet potatoes, yams, plantains, beets, rice, etc…)
- **1/2-1 cup of protein** (vegan or paleo)
- **2 -3 TBSP of healthy fat** (olive olive or avocado)
- **Add lemon juice & spices as desired** (oregano, cayenne, parsley, rosemary, etc.)

Dinner

- **1-2 cups of vegetables** (raw or cooked)
- **1-2 cups of root vegetables** (sweet potatoes, yams, plantains, beets, rice, etc…)
- **1/2-1 cup of protein** (vegan or paleo)
- **2-3 TBSP of healthy fat** (olive olive or avocado)
- **Add lemon juice & spices as desired** (oregano, cayenne, parsley, rosemary, etc.)

+ Mid-PM Snack (if desired)

- **2nd smoothie**
- Guacamole, hummus or bean dip with vegetables and/or rice crackers
- 1-2 cups fruit (especially post-workout - protein sparing

* All information provided is for health education purposes only and is not intended to diagnose, treat, cure, or prevent any disease.