

Weight Gain Plate



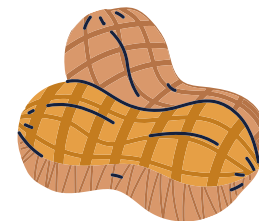
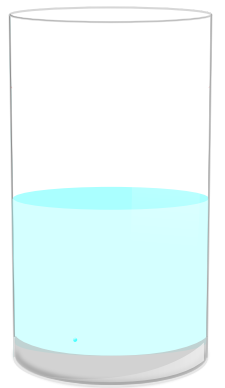
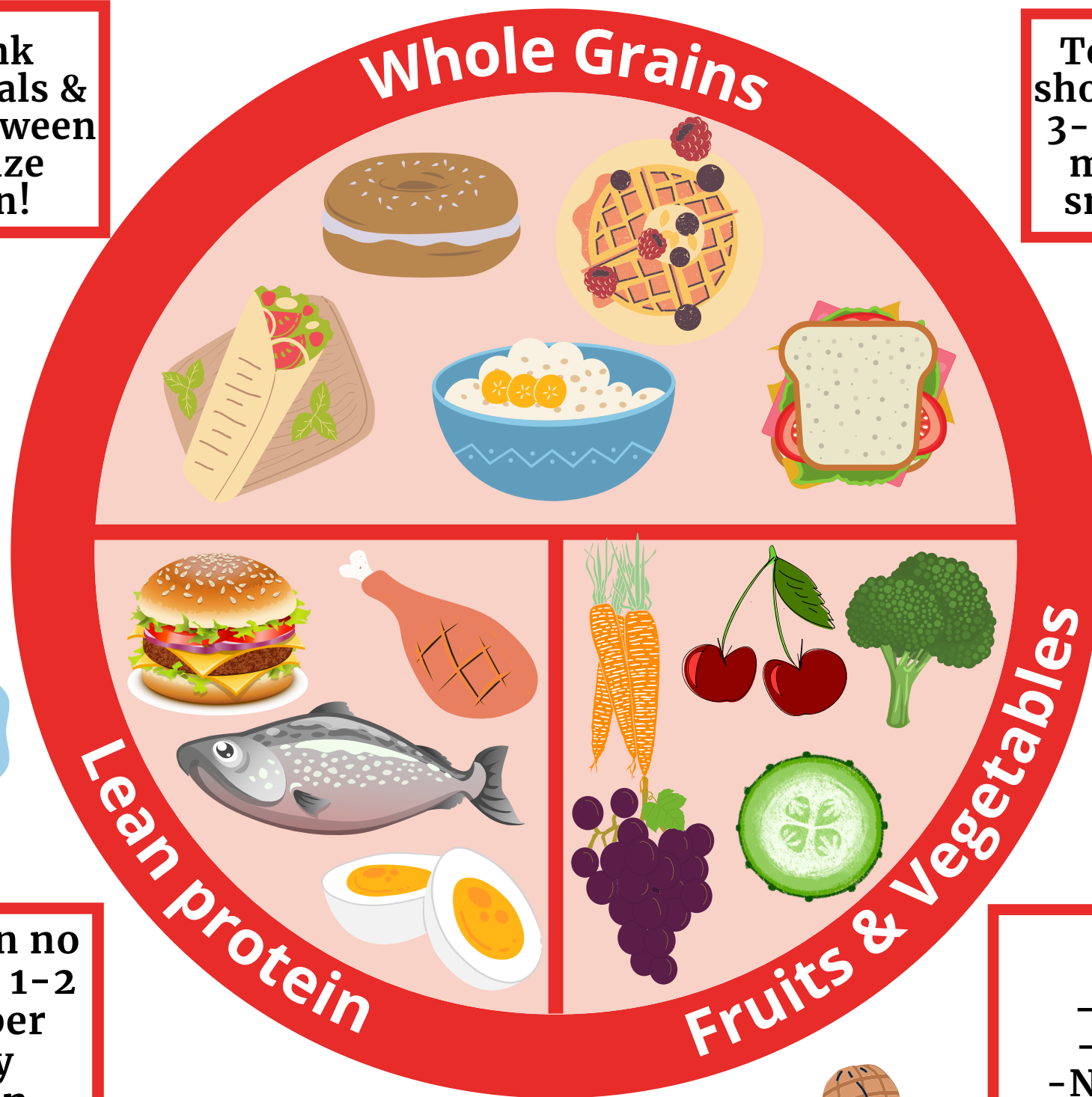
 **Tip: Drink milk at meals & water in between to optimize hydration!**

Teen athletes should eat every 3-4 hours, 3-4 meals, & 1-2 snacks a day.



Consume at and between meals!

Aim to gain no more than 1-2 pounds per week by adding in roughly 300-500 kcal per day.



Fats:

- Avocado
- Olive oil
- Nut butters (PB, cashew, & almond butter)
- Nuts & seeds



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