

# Healthy Weight Gain: 3-Day Sample Plan

Gaining with Grace · [gainingwithgrace.com](http://gainingwithgrace.com) · June 2026

## How to use this plan

Every recipe here comes from the Gaining with Grace kitchen and is built for one job: adding calories without adding volume you have to fight through. Each day pairs a breakfast, two mains, and one booster (a drink, snack, or rich side). The kcal figure on each day is the boost those dishes add on top of a plain version of the same meals.

Most people gaining at a steady, sustainable pace need roughly 300 to 500 calories a day above maintenance. The daily boosts here run higher than that on purpose: appetite is uneven, and some days you will manage only part of the plan. Eat what you can, keep the booster even on hard days, and let the weekly average do the work.

The plan covers 3 days. Grocery lists are grouped by week so you shop once and cook without thinking. Use the tracker spreadsheet (bundle edition) to log morning weight and what you actually ate.

This is general nutrition information, not medical advice. If you are recovering from illness or managing a condition, check the plan with your doctor or dietitian.

## Your 3 days — average boost +2273 kcal/day

Day 1	+2280 kcal boost
Breakfast: Custardy apple cinnamon bread pudding	+580 kcal · serves 6 · prep 15 min, cook 35 min
Lunch: Savoury cheese custard baked in a water bath	+490 kcal · serves 4 · prep 10 min, cook 40 min
Dinner: Miso butter udon noodles	+620 kcal · serves 2 · prep 5 min, cook 10 min
Booster: Chocolate smoothie with half an avocado	+590 kcal · serves 1 · prep 5 min, cook —
Day 2	+2300 kcal boost
Breakfast: Avocado & egg toast, olive-oil drizzle	+480 kcal · serves 1 · prep 5 min, cook 8 min
Lunch: Creamy coconut chicken & rice	+650 kcal · serves 4 · prep 10 min, cook 25 min
Dinner: The one-pot chicken and dumplings I keep coming back to	+550 kcal · serves 4 · prep 15 min, cook 25 min
Booster: Banana peanut smoothie for low-appetite days	+620 kcal · serves 1 · prep 5 min, cook —
Day 3	+2240 kcal boost
Breakfast: Baked oats with banana and dark chocolate chunks	+510 kcal · serves 3 · prep 5 min, cook 25 min
Lunch: Creamy tomato basil soup with buttery croutons	+560 kcal · serves 4 · prep 10 min, cook 25 min
Dinner: Spoon-tender beef stew with carrots and parsnips	+620 kcal · serves 6 · prep 20 min, cook 2 hrs 30 min
Booster: Berry smoothie with oats and peanut butter	+550 kcal · serves 1 · prep 5 min, cook —

## Your 3 days grocery list

- 1 1/2 cups grated cheese (cheddar, gruyere or a mix)
- 1 1/2 cups rolled oats
- 1 1/2 cups whole milk (x2)
- 1 bay leaf, a few peppercorns
- 1 cup frozen mixed berries
- 1 cup heavy cream (x2)
- 1 cup vegetable or chicken stock
- 1 cup whole milk (x4)
- 1 onion, 2 carrots, 2 celery sticks
- 1 onion, finely sliced
- 1 ripe avocado
- 1 ripe banana (frozen is lovely)
- 1 small chicken or 4 thighs
- 1 small garlic clove, finely grated
- 1 small onion, finely chopped
- 1 tbsp curry powder
- 1 tbsp grated ginger
- 1 tbsp honey (x2)
- 1 tbsp honey or maple
- 1 tbsp olive oil, plus more to drizzle
- 1 tbsp rolled oats
- 1 tbsp tomato paste
- 1 tsp toasted sesame oil
- 1 tsp vanilla
- 1 x 400ml tin full-fat coconut milk
- 1-2 tbsp honey or maple
- 1.5 tbsp white miso paste
- 1/2 cup heavy cream
- 1/2 cup rolled oats
- 1/2 ripe avocado
- 1/2 tsp cinnamon

- 1/2 tsp salt
- 1/2 tsp salt, pinch of nutmeg
- 1/2 tsp vanilla
- 1/2–3/4 cup whole milk
- 1/3 cup sugar or maple syrup
- 1/4 cup dark chocolate chunks or chips
- 2 cups whole milk
- 2 eggs
- 2 onions, sliced
- 2 parsnips or 1 small swede
- 2 ripe bananas, mashed
- 2 tbsp butter
- 2 tbsp chopped soft herbs (parsley, chives, dill)
- 2 tbsp cocoa powder
- 2 tbsp finely grated parmesan (optional, for body)
- 2 tbsp flour
- 2 tbsp olive oil
- 2 tbsp peanut butter (x2)
- 2 tbsp peanut butter or almond butter
- 2 thick slices sourdough
- 2 tsp cinnamon
- 2 x 400g tins whole tomatoes
- 200 g udon or other thick wheat noodles
- 2–3 apples, peeled and chopped small
- 3 carrots, chunky
- 3 eggs
- 3 garlic cloves
- 3 garlic cloves, minced (x2)
- 3 tbsp cold butter, diced
- 3 tbsp olive oil or butter
- 300g basmati rice
- 4 large eggs

- 4 tbsp unsalted butter
- 600g boneless chicken thighs
- 6–8 slices day-old bread (or brioche if you have it), torn into pieces
- 750ml good beef stock
- 800g beef chuck or stewing beef, cut into large chunks
- A big handful of fresh basil
- A few ice cubes
- A few sprigs thyme or rosemary
- A handful of ice
- A little ice
- Butter for the dish
- Butter for the dish and a little extra for the apples
- Chilli flakes & flaky salt
- Extra butter or olive oil to finish
- For croutons: 2 thick slices bread, more butter, grated parmesan
- For dumplings: 1 1/2 cups self-raising flour (or plain + 2 tsp baking powder)
- Lime, fresh coriander, salt
- Optional: extra peanut butter and flaky salt to serve
- Pinch of cinnamon
- Pinch of salt (x3)
- Salt, black pepper, pinch of sugar
- Salt, pepper, a splash of red wine or vinegar (optional)
- Soft herbs: chives, parsley or dill, finely chopped
- Squeeze of lemon
- Toasted sesame seeds and sliced scallions, to finish
- ½ cup Greek yogurt

## The recipes

Every dish in the plan, in full.

# Custardy apple cinnamon bread pudding



+580 kcal per serving · serves 6 · prep 15 min · cook 35 min

The top bakes to a deep gold while the inside stays soft enough to eat with a spoon. Torn bread soaks up a cinnamon custard of whole milk, cream and eggs, and the apples turn tender and buttery in the oven. It comes to the table warm, fragrant and very easy to eat.

## Ingredients

- 6–8 slices day-old bread (or brioche if you have it), torn into pieces
- 3 eggs
- 2 cups whole milk
- 1 cup heavy cream
- 1/3 cup sugar or maple syrup
- 2 tsp cinnamon
- 1 tsp vanilla
- 2–3 apples, peeled and chopped small
- Butter for the dish and a little extra for the apples
- Pinch of salt

## Method

1. Heat the oven to 170°C (150°C fan). Butter a medium baking dish.
2. Warm the apples in a little butter and a pinch of cinnamon until they just begin to soften.
3. Whisk the eggs, milk, cream, sugar, cinnamon, vanilla and salt.
4. Scatter the bread and apples in the dish, pour the custard over and press down gently so everything is soaked. Dot with extra butter.

5. Bake 30–40 minutes until the top is golden and the custard is just set with a slight wobble. Rest 10 minutes before serving.

*Note: A pour of cold cream or warm custard over the hot pudding is one of the simplest luxuries.*

## Avocado & egg toast, olive-oil drizzle



+480 kcal per serving · serves 1 · prep 5 min · cook 8 min

Savoury breakfasts have their own pull on mornings when sweet ones turn the stomach. This one is mashed avocado with lemon, two gently fried eggs, and an olive oil drizzle that quietly does most of the calorie work.

### Ingredients

- 2 thick slices sourdough
- 1 ripe avocado
- 2 eggs
- 1 tbsp olive oil, plus more to drizzle
- Squeeze of lemon
- Chilli flakes & flaky salt

### Method

1. Warm the olive oil in a small pan and fry the eggs gently until the whites set but the yolks stay soft.
2. Mash the avocado with the lemon, a pinch of salt, and a little olive oil.
3. Toast the sourdough until crisp.
4. Spread the avocado thick, slide the eggs on top, then finish with a real drizzle of olive oil, chilli flakes and salt.

*Note: A handful of feta or a few olives on the side adds easy calories and makes it feel like a proper plate.*

## Baked oats with banana and dark chocolate chunks



+510 kcal per serving · serves 3 · prep 5 min · cook 25 min

Baking changes porridge. The same oats that feel endless in a bowl turn custardy and cake-like in the oven, and the banana, peanut butter and chocolate make each spoonful worth coming back for.

### Ingredients

- 1 1/2 cups rolled oats
- 2 ripe bananas, mashed
- 2 tbsp peanut butter
- 1 1/2 cups whole milk
- 1 tbsp honey or maple
- 1/4 cup dark chocolate chunks or chips
- Pinch of salt
- Optional: extra peanut butter and flaky salt to serve

### Method

1. Heat the oven to 180°C (160°C fan).
2. In a bowl mash the bananas well, then stir in the peanut butter, milk, honey and salt until smooth.
3. Stir in the oats until everything is evenly combined.
4. Fold in most of the chocolate chunks, then tip into a small baking dish or loaf tin.
5. Scatter the remaining chocolate on top and bake for 22–28 minutes until the top is golden and the center is just set but still soft.
6. Let it cool for 5 minutes, then spoon into bowls. Add an extra swirl of peanut butter and a pinch of flaky salt if you like.

*Note: A little extra whole milk or cream poured over the warm oats adds even more gentle calories.*

## Chocolate smoothie with half an avocado



+590 kcal per serving · serves 1 · prep 5 min · cook —

This is a short-list chocolate smoothie where avocado does the work cream would normally do. Half a ripe one blends into whole milk, cocoa, honey and vanilla until the glass is thick enough to need a long straw, and the flavor that comes through is plainly chocolate. The whole thing takes a couple of minutes and lands around 590 calories.

### Ingredients

- 1/2 ripe avocado
- 1 cup whole milk
- 2 tbsp cocoa powder
- 1-2 tbsp honey or maple
- 1/2 tsp vanilla
- Pinch of salt
- A handful of ice

### Method

1. Scoop the avocado into the blender.
2. Add all other ingredients and blend until completely smooth.
3. Taste and adjust sweetness. Pour and enjoy.

*Note: For more calories, add a spoonful of nut butter or a few soaked dates.*

## Banana peanut smoothie for low-appetite days



+620 kcal per serving · serves 1 · prep 5 min · cook —

On days when a plate feels like a chore, a glass is kinder. This blends banana, peanut butter, whole milk and Greek yogurt into something cold, sweet and smooth that you can sip slowly, with no pressure to finish fast.

### Ingredients

- 1 ripe banana (frozen is lovely)
- 2 tbsp peanut butter
- 1 cup whole milk
- ½ cup Greek yogurt
- 1 tbsp honey
- 1 tbsp rolled oats
- Pinch of cinnamon
- A little ice

### Method

1. Add everything to a blender.
2. Blend until completely smooth, 30–40 seconds.
3. Taste and add a touch more honey or milk to get the sweetness and thickness you like.
4. Pour and drink slowly — no rush.

*Note: Add a scoop of your usual protein powder or a spoon of ground flax for even more, without changing the taste much.*

## Berry smoothie with oats and peanut butter



+550 kcal per serving · serves 1 · prep 5 min · cook —

Everything here goes into the blender, including the oats, and breakfast is done in about three minutes. The oats thicken the berries and milk into something closer to a drinkable bowl of porridge than a juice, and the peanut butter keeps it rich enough to hold you until lunch. There is no cooking, and the glass lands around 550 calories.

### Ingredients

- 1/2 cup rolled oats
- 1 cup frozen mixed berries
- 1 cup whole milk
- 2 tbsp peanut butter or almond butter
- 1 tbsp honey
- 1/2 tsp cinnamon
- A few ice cubes

### Method

1. Add oats to the blender first and pulse to break them up.
2. Add the rest of the ingredients and blend until smooth and creamy.
3. If it's too thick, add a splash more milk.

*Note: The oats continue to thicken as it sits, so drink it soon after blending or thin as needed.*

## Savoury cheese custard baked in a water bath



+490 kcal per serving · serves 4 · prep 10 min · cook 40 min

Eggs, milk, cream and a generous amount of cheese, whisked together and baked slowly until they just barely set. The result sits somewhere between a flan and the inside of a very good quiche, soft enough to eat with a spoon and savoury enough to be dinner.

### Ingredients

- 4 large eggs
- 1 1/2 cups whole milk
- 1 cup heavy cream
- 1 1/2 cups grated cheese (cheddar, gruyere or a mix)
- 1/2 tsp salt, pinch of nutmeg
- Soft herbs: chives, parsley or dill, finely chopped
- Butter for the dish

### Method

1. Heat the oven to 160°C (140°C fan). Butter a medium baking dish or four small ramekins.
2. Whisk the eggs, milk, cream, most of the cheese, salt and nutmeg until smooth.
3. Pour into the dish, scatter the remaining cheese and herbs on top.
4. Place the dish in a roasting tin and pour hot water around it to come halfway up the sides.
5. Bake 35–45 minutes until just set with a slight wobble in the centre. Serve warm or at room temperature.

*Note: A slice of this with a few soft cooked vegetables on the side makes a complete, very gentle meal.*

# Creamy coconut chicken & rice



+650 kcal per serving · serves 4 · prep 10 min · cook 25 min

Chicken thighs simmered in a whole tin of coconut milk make a sauce generous enough to soak into every grain of rice. It is gently spiced, forgiving to cook, and built for second helpings.

## Ingredients

- 600g boneless chicken thighs
- 1 onion, finely sliced
- 3 garlic cloves, minced
- 1 tbsp grated ginger
- 1 tbsp curry powder
- 1 × 400ml tin full-fat coconut milk
- 2 tbsp olive oil
- 300g basmati rice
- Lime, fresh coriander, salt

## Method

1. Cook the rice to packet instructions and keep it warm.
2. Brown the chicken in the olive oil over medium-high heat, then set aside.
3. In the same pan, soften the onion, then add the garlic, ginger and curry powder and cook until fragrant.
4. Pour in the coconut milk, return the chicken, and simmer 12–15 minutes until cooked through and the sauce thickens.
5. Finish with a squeeze of lime and plenty of coriander. Serve over the rice with the sauce spooned generously on top.

*Note: A handful of cashews or a side of warm naan brushed with butter rounds it out and adds easy calories.*

# Creamy tomato basil soup with buttery croutons



+560 kcal per serving · serves 4 · prep 10 min · cook 25 min

Everything in this soup goes through the blender, so it eats almost like a warm drink. Butter, whole milk and heavy cream carry the calories while the tomatoes and basil keep it tasting bright.

## Ingredients

- 2 tbsp butter
- 1 small onion, finely chopped
- 3 garlic cloves, minced
- 2 x 400g tins whole tomatoes
- 1 cup vegetable or chicken stock
- 1 cup whole milk
- 1/2 cup heavy cream
- A big handful of fresh basil
- Salt, black pepper, pinch of sugar
- For croutons: 2 thick slices bread, more butter, grated parmesan

## Method

1. Melt the butter in a heavy pot and soften the onion and garlic without browning.
2. Add the tomatoes, stock, milk and a pinch of sugar. Simmer 15–20 minutes until the tomatoes have broken down.
3. Blitz with a stick blender until smooth, then stir in the cream and most of the basil. Season well and keep warm.

4. For the croutons, cube the bread, toss in melted butter and parmesan, and bake or fry until golden. Scatter over bowls with extra basil.

*Note: A swirl of extra cream or a spoon of pesto on top adds another easy 100 kcal per bowl.*

# Miso butter udon noodles



+620 kcal per serving · serves 2 · prep 5 min · cook 10 min

Miso whisked into melted butter with a splash of starchy noodle water makes a sauce that clings to every strand instead of pooling under them. It is deeply savoury, which is often the flavour that gets an appetite moving when nothing sweet appeals.

## Ingredients

- 200 g udon or other thick wheat noodles
- 4 tbsp unsalted butter
- 1.5 tbsp white miso paste
- 1 small garlic clove, finely grated
- 1 tsp toasted sesame oil
- 2 tbsp finely grated parmesan (optional, for body)
- Toasted sesame seeds and sliced scallions, to finish

## Method

1. Cook the noodles in well-salted water until just tender. Scoop out a mug of the cooking water before you drain.
2. In the same warm pot, melt the butter with the garlic over low heat.
3. Whisk the miso into the butter with a splash of noodle water until smooth and glossy.
4. Return the noodles and toss, adding more noodle water a spoonful at a time until the sauce clings. Finish with sesame oil, parmesan if using, sesame seeds, and scallions.

*Note: An extra tablespoon of butter or a soft-boiled egg on top adds roughly 100-150 kcal and doesn't make the bowl any harder to finish.*

# The one-pot chicken and dumplings I keep coming back to



+550 kcal per serving · serves 4 · prep 15 min · cook 25 min

I learned this the way most good soup gets learned, by standing next to someone who never measured anything. A whole chicken, an onion, carrots and celery go into the pot, and an hour later you have a broth worth building on. The dumplings come together in the last fifteen minutes, while the broth does its final simmer.

## Ingredients

- 1 small chicken or 4 thighs
- 1 onion, 2 carrots, 2 celery sticks
- 1 bay leaf, a few peppercorns
- For dumplings: 1 1/2 cups self-raising flour (or plain + 2 tsp baking powder)
- 1/2 tsp salt
- 3 tbsp cold butter, diced
- 2 tbsp chopped soft herbs (parsley, chives, dill)
- 1/2–3/4 cup whole milk
- Extra butter or olive oil to finish

## Method

1. Put the chicken and vegetables in a pot, cover with water, add aromatics and simmer 45–60 minutes until the meat is tender. Remove chicken, shred the meat, strain the broth and return it to a gentle simmer.
2. For the dumplings, rub the butter into the flour and salt, stir in the herbs, then add enough milk to make a soft, sticky dough. Do not overwork.

3. Drop spoonfuls of the dough into the simmering broth, cover and cook 12–15 minutes without lifting the lid until the dumplings are puffed and cooked through.

4. Return the shredded chicken to the pot, add a knob of butter and check seasoning. Serve in deep bowls.

*Note: The dumplings soak up the broth as they sit — the longer they rest, the softer and more generous the bowl becomes.*

# Spoon-tender beef stew with carrots and parsnips



+620 kcal per serving · serves 6 · prep 20 min · cook 2 hrs 30 min

Inexpensive cuts reward patience. Browned chuck, good stock and two unhurried hours on the stove make a stew you can eat with a spoon, with sweet root vegetables added near the end so they hold their shape.

## Ingredients

- 800g beef chuck or stewing beef, cut into large chunks
- 2 tbsp flour
- 3 tbsp olive oil or butter
- 2 onions, sliced
- 3 carrots, chunky
- 2 parsnips or 1 small swede
- 3 garlic cloves
- 1 tbsp tomato paste
- 750ml good beef stock
- A few sprigs thyme or rosemary
- Salt, pepper, a splash of red wine or vinegar (optional)

## Method

1. Toss the beef in flour and brown well in batches in a heavy pot with oil or butter. Set aside.
2. In the same pot soften the onions, then add garlic and tomato paste for a minute.
3. Return the beef, add stock, herbs and a little seasoning. Bring to a gentle simmer, cover and cook 2 hours.

4. Add the root vegetables and continue 30–40 minutes until the meat is falling apart and vegetables are soft.

5. Skim any fat if you like, or leave it for extra calories. Finish with a knob of butter.

*Note: Serve over very soft mashed potato or with bread that has been dunked until it collapses.*