



**International Fitness Diplomats**  
 EAT WHAT YOU NEED NOT WHAT YOU WANT

**Food For Fuel**  
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## Weight-Gain Basic Daily Diet

<b>Breakfast</b>	Hot-cakes, Oatmeal, Grits, Cereals(CornFlakes-2 bowls) Fruits, non-concentrated juices Hash Browns w/non-fat cooking oil English Muffins
<b>Lunch</b>	Hamburger, Peanut Butter/Jelly, Steak Sandwich Tuna Fish (water not oily) Frozen Yogurt Water
<b>Dinner</b>	Hash Browns w/non-fat cooking oil Whole Wheat Pasta/ spaghetti (not noodles) Brown Rice Vegetables( Spinach, Broccoli, Collards, kale) Whole grain breads Water
<b>Snacks</b>	Oatmeal cookies, Sunflower Seeds, Frozen Yogurt, Fruit Smoothies Pretzels (no salt), Milk Shakes, Chocolate Pudding, Blueberry Muffins