

## Which foods can I eat to help gain healthy weight?

- **The single most important nutrient for gaining healthy weight is protein.** High-protein foods include organic free range chicken, fish and eggs. **Also, consume the flaxseed oil and cottage cheese mixture twice a day.** Protein supplements such as **whey protein** can be added to the flaxseed oil and cottage cheese mixture or to your smoothies as a temporary measure to gain weight. Be sure to **use only cold filtered plain whey.**
- **Using spices, sauces and condiments** can help with this. The tastier your food is, the easier it is to eat a lot of it.
- **Nuts: Almonds, walnuts, macadamia nuts, etc.**

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- Dried fruit: Raisins, dates, figs, prunes and others.
- Fats and Oils: Extra virgin olive oil and avocado oil. Eat a ripe avocado as a bedtime snack.
- Grains: Whole grains such as oats and brown rice.
- Tubers: Red Potatoes, sweet potatoes and yams.
- Dark chocolate (look for raw chocolate fudge recipe in the recipe section of this Guide), coconut milk, granola.

Many of these foods are very filling, and sometimes you may need to force yourself to keep eating even if you feel full. It may be a good idea not to eat a ton of vegetables if gaining weight is a priority for you. It simply leaves less room for energy-dense foods. Eating whole fruit is fine, but eat fruit that does not require too much chewing, such as bananas.