

Plant-Forward Calorie-Dense
**FOODS FOR HEALTHY
WEIGHT GAIN**



This guide provides plant-forward, calorie-dense whole foods for individuals who want to eat clean while gaining healthy weight. These foods are naturally higher in calories due to their healthy fats, complex carbohydrates, or concentrated nutrients. Strategic inclusion of these foods can help increase total daily caloric intake without relying on processed products or inflammatory ingredients.

HEALTHY FATS (VERY CALORIE DENSE)

Avocados
Extra virgin olive oil
Coconut milk (full fat)
Coconut cream
Tahini (sesame seed paste)
Almond butter
Cashew butter
Sunflower seed butter
Walnuts, pecans, macadamia nuts
Chia seeds
Flax seeds
Pumpkin seeds

STARCHES & COMPLEX CARBOHYDRATES

Sweet potatoes

Yams

Plantains

Brown rice

Black rice

Wild rice

Quinoa

Buckwheat

Millet

Oats (steel-cut or rolled)

Lentils

Chickpeas

Black beans

CALORIE-DENSE FRUITS

Dates

Dried figs

Raisins

Dried mango (unsweetened)

Bananas

Mango

Pineapple

HIGH-CALORIE SMOOTHIE ADDITIONS

Nut butters
Full-fat coconut milk
Chia seeds
Ground flax seeds
Rolled oats
Frozen banana
Date paste

CLEAN PLANT-BASED PROTEIN BOOSTERS

Tofu
Tempeh
Edamame
Red lentils
White beans
Split peas

HOW TO USE THIS GUIDE:

To gain weight, aim to include 1–2 calorie-dense foods at each meal. For example: add avocado and tahini to a bowl, include coconut milk in smoothies, or combine rice and lentils with olive oil. Monitor energy, strength, and body composition to ensure weight gain is primarily lean mass rather than excess fat.