5 Common Weight Gain Mistakes Most Women Don't Realize They're Making

And exactly what to eat to fix it

A FREE GUIDE FOR WOMEN WHO EAT BUT STILL CAN'T GAIN

Before We Start...

If you've ever said 'I eat a lot but I just can't gain weight,' this guide is for you. You're not broken. You don't have some rare condition. In most cases, there are very specific, fixable reasons why the weight isn't coming — and once you understand them, everything changes. This guide has two parts: Part 1 — The real reasons you're not gaining (so you stop guessing), Part 2 — Exactly what to eat and drink to start seeing results. Let's get into it.

5 Reasons You're Not Gaining Weight

Most women who struggle to gain weight are making at least one of these mistakes — not because they're careless, but because nobody told them.

1. You're Not Actually Eating As Much As You Think

This is the most common reason people struggle to gain weight. You may feel like you eat a lot, but "a lot" is relative. To gain weight, your body needs more calories than it burns consistently over time. If you're active, naturally slim, or frequently on the go, your calorie needs may be higher than you realize. Many women discover they're eating far less than they thought once they start paying attention to portions, snacks, and skipped meals.

Fix it: Track everything you eat and drink for just 3 days. You don't need to do it forever, but it can reveal patterns you never noticed before.

2. You're Eating Foods That Fill You Up Too Quickly

Many healthy foods are packed with nutrients but relatively low in calories. Foods like salads, vegetables, soups, and some fruits can make you feel full long before you've eaten enough to support weight gain. This is called low calorie density—you feel satisfied, but your calorie intake remains too low.

Fix it: Include more calorie-dense foods such as groundnuts, peanut butter, avocado, oats, coconut milk, healthy oils, and bananas. These help you increase calories without having to eat huge portions.

3. You're Waiting Until You're Hungry To Eat

This is a mistake many naturally slim women make. If your appetite is naturally low, waiting until you feel hungry often means you won't eat enough throughout the day. Hunger is not always a reliable guide when your goal is weight gain. Think of eating for weight gain the same way you would think of taking medication—you do it consistently, not only when you feel like it.

Fix it: Create a simple eating schedule. Aim for 3 meals and 2-3 snacks daily, even when your appetite isn't strong.

4. Stress and Poor Sleep Are Working Against You

Many women focus entirely on food and overlook how much stress and sleep affect their progress. Stress can reduce appetite, make you skip meals, affect digestion, and leave you feeling too tired to eat properly. Poor sleep can also affect hunger signals, energy levels, and recovery. You may think you're eating enough, but stress and exhaustion often lead to missed calories throughout the day.

Fix it: Prioritize 7-8 hours of sleep whenever possible and identify one source of daily stress you can reduce. Small improvements often lead to better eating habits.

5. You're Eating Inconsistently

Eating well on Monday doesn't make up for barely eating on Tuesday and Wednesday. Your body responds to what you do consistently over time. If some days you eat enough and other days you don't, your average calorie intake may still be too low for weight gain. Consistency matters more than perfection.

Fix it: Try eating at roughly the same times each day. A simple routine is often more effective than relying on motivation.

5 Foods That Will Help You Gain Weight (Affordable & Available)

These aren't expensive supplements or exotic superfoods. They're everyday foods that are affordable, accessible, and easy to include in most diets.

1. Bananas

Bananas are one of the most calorie-dense fruits available. A single large banana gives you around 120–150 calories, along with natural carbohydrates for quick energy and potassium for muscle function. Eat them as snacks, add to porridge, or blend into shakes.

Best eaten: With peanut butter, in smoothies, or as a between-meal snack.

2. Groundnuts / Peanut Butter

Groundnuts and peanut butter are among the easiest ways to increase calories without increasing food volume too much. A small handful of groundnuts contains around 160–180 calories. Peanut butter is even more concentrated — 2 tablespoons gives you nearly 200 calories, plus healthy fats and protein. This is one of the easiest ways to add calories without eating more volume.

Best eaten: Spread on bread, stirred into oats, blended in shakes, or eaten as a snack with fruit.

3. Avocado

Avocado is one of the most calorie-dense natural foods — one medium avocado has around 230 calories, mostly from healthy fats. Available across most of Africa and widely used in Asian cooking. It adds creaminess to meals without a strong flavour.

Best eaten: On toast, blended into smoothies, mashed as a side, or sliced onto rice dishes.

4. Oats

Oats are affordable, versatile, and easy to customize. While a bowl of oats alone is helpful, combining oats with milk, peanut butter, bananas, and honey can dramatically increase the calorie content. A single cup of cooked oats gives you around 150 calories — but add milk, peanut butter, a banana and honey and that bowl becomes 400–500 calories easily. They also digest slowly, keeping you full and nourished for hours.

Best eaten: As breakfast porridge loaded with toppings, or blended into smoothies to thicken them.

5. Eggs

Eggs are one of the best foods for healthy weight gain because they provide both calories and high-quality protein. Protein helps support muscle growth and ensures the weight you gain isn't coming only from body fat.

Best eaten: Boiled, fried, scrambled, or added to sandwiches and breakfast meals.

Bonus Food: Plantain, Yam & Sweet Potato

Starchy staples like plantain, yam, and sweet potato are weight gain gold. They're calorie-dense, filling, and eaten daily across most of Africa and Asia. A single cup of cooked yam has around 180 calories. Fried ripe plantain (dodo) can reach 300+ calories in a small serving.

Best eaten: Boiled, fried, roasted, or mashed alongside protein-rich stews and sauces.

3 High-Calorie Shakes To Accelerate Your Results

These shakes/smoothies use ingredients from the food list above. Blend any of these and drink as a meal supplement — between meals or before bed.

Shake 1 — Peanut Butter Banana Oat (~530 calories)

1 large frozen banana, 2 tbsp smooth peanut butter, ½ cup rolled oats, 1 cup whole milk, 1 tbsp honey. Blend on high for 45-60 seconds. Serve chilled.

Shake 2 — Triple Fruit Oat Shake (~500 calories)

1 small banana, ½ cup frozen mango, ½ cup frozen strawberries, 1 cup whole milk, ½ cup rolled oats, 2 tbsp peanut butter. Blend on high for 45-60 seconds. Serve chilled.

Shake 3 — Coconut Banana Date Thickie (~560 calories)

2 medium frozen bananas, 4 dates (pitted), 1 cup canned coconut milk (full-fat), ½ cup rolled oats, ½ tsp vanilla extract (optional). Blend on high for 45-60 seconds. Serve chilled.

Pro Tip: Use frozen fruit for a thicker, creamier shake. Add milk gradually to control the consistency.

Ready For The Full 7-Day Plan?

Now that you know WHY you haven't been gaining and WHAT to eat to fix it — the next step is having a full structured plan that does the thinking for you.

My 7-Day Healthy Weight Gain Meal Plan gives you:

- A complete day-by-day meal plan — breakfast, lunch, dinner and snacks (Vegetarian and meat eaters)
- Calorie-dense recipes using affordable local ingredients
- A simple structure you can repeat every week
- No protein powders, no expensive supplements — just real food
- It includes 2 **BONUSES**- FREE Grocery list & a FREE Quick Start Guide

Get the full 7-Day Meal Plan on Payhip: *https://payhip.com/b/H2IaB*

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