

THE MASS BUILDING MEAL PLAN

This plan is designed with an average 175 pound man in mind. If you weigh significantly more or less than this, please adjust the portion sizes accordingly.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MEAL 1	<p>Oats (80g) Semi-skimmed milk (200ml) Cyclone</p> 	<p>2 slices of bread (toasted) Butter (10g) Cyclone</p>	<p>Bran flakes (60g) Semi-skimmed milk (200ml) Cyclone</p>	<p>2 slices of bread (toasted) Butter (10g) Cyclone Bran flakes (60g) Semi-skimmed milk (200ml)</p> 
MEAL 2	<p>Apple Progain</p>	<p>Peanuts (54g) Apple Low-fat yoghurt (e.g Muller Light Strawberry) (200g) Progain</p>	<p>Mixed nuts (28g) Apple Progain</p> 	<p>Apple Almonds (56g) Progain</p>
MEAL 3	<p>Bread (4 slices) 1 skinless chicken breast (130g pre-cooked weight) Sliced avocado (60g) Sliced tomatoes</p> 	<p>Bread (4 slices) Tuna steak in brine, 1 tin (150g) Mayonnaise Pear</p>	<p>Bread (2 slices) Roast beef Horseradish mayonnaise Pear</p> 	<p>1 skinless chicken breast (130g pre-cooked weight) Green leaf salad Sliced avocado (60g) Sliced red onion Sliced tomatoes Sliced red pepper Toasted pine nuts Pear</p>
MEAL 4	<p>Peanuts (54g) Banana Low-fat yoghurt (e.g Muller Light Strawberry) (200g) Progain</p>	<p>Apple Progain</p> 	<p>Progain Orange Mixed nuts (28g)</p>	<p>Orange Progain Low-fat yoghurt (e.g Muller Light Strawberry) (200g)</p>
MEAL 5	<p>Orange Cyclone</p>	<p>Banana Cyclone</p>	<p>Semi-skimmed milk (200ml) Cyclone</p>	<p>Banana Cyclone</p>
MEAL 6	<p>Baked potato (400g) Cheddar cheese, reduced fat (50g) Baby avocado, sliced and melted (60g)</p>	<p>Beef stir fry - sirloin steak (200g pre-cooked weight) Frozen stir-fry vegetables (250g) New potatoes (200g) Greek natural yoghurt (200g)</p>	<p>Lightly grilled salmon fillet (130g pre-cooked weight) Rice (56g pre-cooked weight) Fruit Salad (185g)</p> 	<p>Spaghetti bolognese Fruit salad (185g)</p> 
MEAL 7	<p>ZMA - (Take 30-60 mins before bed)</p>	<p>ZMA - (Take 30-60 mins before bed)</p>	<p>ZMA - (Take 30-60 mins before bed)</p>	<p>ZMA - (Take 30-60 mins before bed)</p>
TOTALS	<p>Calories: 3463 Protein: 227g Carbohydrate: 453g Fat: 103g</p>	<p>Calories: 3606 Protein: 274g Carbohydrate: 427g Fat: 112g</p>	<p>Calories: 3263 Protein: 217g Carbohydrate: 413g Fat: 99g</p>	<p>Calories: 3698 Protein: 240g Carbohydrate: 438g Fat: 134g</p>

GAIN WEIGHT & MUSCLE SIZE



MAXIMUSCLE

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	FRIDAY	SATURDAY	SUNDAY
MEAL 1	<p>Oats (80g) Walnut pieces (15g) Semi-skimmed milk (200ml) Cyclone</p> 	<p>3 large scrambled eggs Butter (10g) Bread (2 slices) Cyclone</p>	<p>Oats (80g) Semi-skimmed milk (200ml) Cyclone</p>
MEAL 2	<p>Peanuts (28g) Progain Banana</p>	<p>Almonds (28g) Apple Progain</p> 	<p>Apple Progain Mixed nuts (28g)</p>
MEAL 3	<p>Bread (4 slices) Tuna steak in brine, 1 tin (150g) Mayonnaise</p> 	<p>Bread (4 slices) 1 skinless chicken breast (130g pre-cooked weight) Sliced avocado (60g) Sliced red onion Sliced tomatoes Banana</p>	<p>Baked potato (400g) Cheddar cheese, reduced fat (50g) Baby avocado, sliced and melted (60g)</p> 
MEAL 4	<p>Orange Cyclone</p>	<p>Cyclone Semi-skimmed milk (200ml)</p>	<p>Banana Progain</p>
MEAL 5	<p>Progain</p>	<p>Orange Progain</p> 	<p>Cyclone Semi-skimmed milk (200ml)</p>
MEAL 6	<p>Beef stir-fry - sirloin steak (200g pre-cooked weight) Frozen stir-fry vegetables (250g) New potatoes (200g)</p>	<p>Cottage pie</p>	<p>Lightly grilled salmon fillet (130g pre-cooked weight) Rice (56g pre-cooked weight) Fruit salad (185g)</p>
MEAL 7	<p>Greek natural yoghurt (200g) ZMA - (Take 30-60 mins before bed)</p>	<p>ZMA - (Take 30-60 mins before bed)</p>	<p>ZMA - (Take 30-60 mins before bed)</p>
TOTALS	<p>Calories: 3439 Protein: 268g Carbohydrate: 402g Fat: 104g</p>	<p>Calories: 3322 Protein: 245g Carbohydrate: 365g Fat: 117g</p>	<p>Calories: 3311 Protein: 210g Carbohydrate: 445g Fat: 94g</p>



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MAXIMUSCLE