

7 DAY MEAL PLAN **ADVANCED**

This plan is designed to create a calorie deficit, whilst packed with protein to support muscle growth.

MONDAY - Training Day

WITH
BREAKFAST



Multivitamin with breakfast

BREAKFAST



Protein Porridge

With 1/2 a serving of Cyclone

MID-MORNING
SNACK



Handful of Mixed Nuts

& an Apple

LUNCH



Healthy Chilli Wraps

[Sunday leftovers]

MID-AFTERNOON
SNACK



Cyclone Powder

200 kcal, 9.6g carbs, 1.4g fat, 32g protein

DINNER



Teriyaki Salmon

[www.maxinutrition.com/nutrition/recipes/Teriyaki-Salmon/]

EVENING
SNACK



High Protein Yoghurt

and Seeds



SCROLL FOR MORE



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TUESDAY - Training Day

WITH
BREAKFAST



Multivitamin with breakfast

BREAKFAST



Spinach, Tomato & Ham Omelette

MID-MORNING
SNACK



Cyclone Powder

200 kcal, 9.6g carbs, 1.4g fat, 32g protein

LUNCH



Southwestern Quinoa Wrap

(<https://www.maximuscle.com/nutrition/recipes/Southwestern-Quinoa-Wraps-MaxiNutrition-Recipe/>)

MID-AFTERNOON
SNACK



Protein Bar

175 kcal, 15g carbs, 6.1g fat, 15g protein

DINNER



Turkey Satay Stir Fry

(www.maxinutrition.com/nutrition/recipes/Turkey-Satay-Stir-Fry/)

EVENING
SNACK



Protein Milk

165 kcal, 12.9g carbs, 1.3g fat, 25g protein



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WEDNESDAY - Training Day

WITH BREAKFAST



Multivitamin with breakfast

BREAKFAST



All Bran with Semi Skimmed Milk

MID-MORNING SNACK



Gingerbread Protein Balls
(www.maxinutrition.com/nutrition/recipes/Gingerbread-Protein-Balls/)

LUNCH



Chicken Salad

MID-AFTERNOON SNACK



Cyclone Powder
200 kcal, 9.6g carbs, 1.4g fat, 32g protein

DINNER



Steamed Cod & Mixed Vegetables

EVENING SNACK



Protein Milk
165 kcal, 12.9g carbs, 1.3g fat, 25g protein



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THURSDAY - Training Day

WITH
BREAKFAST



Multivitamin with breakfast

BREAKFAST



Overnight Oats

MID-MORNING
SNACK



Protein Bar

175 kcal, 15g carbs, 6.1g fat, 15g protein

LUNCH



Tuna Salad with Black Beans

MID-AFTERNOON
SNACK



Cyclone Powder

200 kcal, 9.6g carbs, 1.4g fat, 32g protein

DINNER



Chicken Breast & Green Veg

(Broccoli, Asparagus Tips & Peas)

EVENING
SNACK



Protein Milk

165 kcal, 12.9g carbs, 1.3g fat, 25g protein



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FRIDAY - Training Day

WITH
BREAKFAST



Multivitamin with breakfast

BREAKFAST



All Bran with Semi Skimmed Milk

MID-MORNING
SNACK



Cyclone Powder

200 kcal, 9.6g carbs, 1.4g fat, 32g protein

LUNCH



5 Bean Salad

MID-AFTERNOON
SNACK



Protein Bar

175 kcal, 15g carbs, 6.1g fat, 15g protein

DINNER



Quinoa Vegetarian Stir Fry

EVENING
SNACK



High Protein Yoghurt

and Seeds



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SATURDAY - Training Day

WITH
BREAKFAST



Multivitamin with breakfast

BREAKFAST



All Bran with
Semi Skimmed Milk

MID-MORNING
SNACK



Cyclone Powder

200 kcal, 9.6g carbs, 1.4g fat, 32g protein

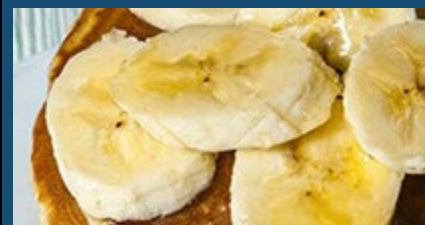
LUNCH



Quinoa Vegetarian Stir Fry

[Left overs]

MID-AFTERNOON
SNACK



Protein Pancakes with Promax Lean

[www.maxinutrition.com/nutrition/recipes/Protein-pancakes/]

DINNER



Sirloin Steak and Steamed
Vegetables

EVENING
SNACK



Protein Milk

165 kcal, 12.9g carbs, 1.3g fat, 25g protein



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SUNDAY - Rest Day

WITH
BREAKFAST



Multivitamin with breakfast

BREAKFAST



Yoghurt Breakfast Pancakes

[www.maxinutrition.com/nutrition/recipes/Yoghurt-Blueberry-Breakfast-Pancakes/]

MID-MORNING
SNACK



Cyclone Powder

200 kcal, 9.6g carbs, 1.4g fat, 32g protein

LUNCH



Avocado & Shrimp Salad

MID-AFTERNOON
SNACK



Protein Bar

175 kcal, 15g carbs, 6.1g fat, 15g protein

DINNER



Healthy Chilli

[www.maxinutrition.com/nutrition/recipes/Healthy-Chili-Recipe/]

EVENING
SNACK



Protein Milk

165 kcal, 12.9g carbs, 1.3g fat, 25g protein



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MUSCLE BUILDING TOP TIPS

- TRY TO TIME THE MAJORITY OF YOUR CARBOHYDRATE INTAKE TO PRE AND POST EXERCISE
- ALWAYS TRAIN WITH WATER OR BCAA's
- YOUR PROTEIN INTAKE SHOULD BE BETWEEN 1.8-2g PER KG OF BODYWEIGHT PER DAY
- SPLIT YOUR PROTEIN CONSUMPTION TO 20-30g FEEDS EVERY 3-4 HOURS
- KEEP WELL HYDRATED
- ADD IN A DAIRY SOURCE OF PROTEIN AS YOUR NIGHT TIME SNACK
- ADD IN A PRE-WORKOUT SHAKE 30 MINUTES BEFORE TRAINING
- IF POSSIBLE CONSUME YOUR CYCLONE SHAKE POST EXERCISE