



**GROW
HUGE**

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**GET
BIG**

ANABOLIC MUSCLE

**DIET AND
WORKOUT PLAN**

BREAKFAST

RECIPE 1

Savoury Breakfast Muscle Gain Bowl

INGREDIENTS:

1 cup cooked quinoa, 2 eggs, 1/2 sliced avocado, 1/2 cup halved cherry tomatoes, handful of fresh spinach, 1/4 cup shredded cheddar cheese. seasoning and optional: salsa for extra flavour.

INSTRUCTIONS:

1. In a pan, sauté the spinach until wilted. Set aside.
2. In the same pan, cook the eggs to your liking (e.g., fried, scrambled, poached).
3. In a bowl, start by layering the cooked quinoa as the base.
4. Top the quinoa with the sautéed spinach, sliced avocado, cherry tomatoes, and cooked eggs.
5. Sprinkle shredded cheddar cheese over the top.
6. Salt & Pepper, and drizzle with hot sauce or salsa if desired for extra flavour.

This breakfast bowl is packed with protein from the eggs and quinoa, healthy fats from the avocado, fibre and vitamins from the spinach and tomatoes, and calcium from the cheese. It's a balanced and satisfying meal to kickstart your day and support muscle gain.

Your diet should include an Anabolic Muscle Stack shake between your two meals, one of which would be after training. Ensure you space your meals approximately 3 hours apart.

RECIPE 2

Spinach & Mushroom Egg White Omelette

INGREDIENTS:

4 egg whites, 1 whole egg, 1 cup fresh spinach leaves, 1/2 cup sliced mushrooms, 1/4 cup diced onions, 1/4 cup diced peppers (any colour), 1/4 cup shredded cheese

INSTRUCTIONS:

1. In a bowl, whisk together the egg whites and the whole egg. Season with salt and pepper.
2. Heat a non-stick pan over medium heat and add a little olive oil or cooking spray.
3. Add the diced onions and peppers to the pan and sauté until softened.
4. Add the sliced mushrooms and cook until they release their moisture and start to brown.
5. Add the fresh spinach to the pan and cook until wilted.
6. Pour the whisked eggs over the cooked vegetables in the pan.
7. Allow the eggs to set slightly, then gently lift the edges of the omelette and tilt the pan to let the uncooked eggs flow to the bottom.
8. Once the eggs are mostly set, sprinkle the shredded cheese over one-half of the omelette.
9. Carefully fold the other half of the omelette over the cheese, creating a half-moon shape.
10. Cook for another minute or until the cheese is melted and the eggs are cooked through.

This egg breakfast is high in protein, low in fat, and packed with vitamins and minerals from the vegetables. It's a nutritious and muscle-building way to start your day. Increase carbohydrates by enjoying a bowl of cut fruit together with this healthy meal.

RECIPE 3

Protein-Packed Banana Peanut Butter Overnight Oats

INGREDIENTS:

1/2 cup rolled oats, -1/2 cup milk, 1/2 cup Greek yogurt, 1 tablespoon chia seeds, -1 tablespoon honey, 1/2 ripe mashed banana, 1 tablespoon natural peanut butter, 1 - 2 scoops anabolic muscle stack powder, Toppings: sliced banana & chopped nuts.

INSTRUCTIONS:

1. In a recycled glass jar or airtight plastic container, combine the rolled oats, milk, Greek yogurt, chia seeds, honey, mashed banana, peanut butter, and anabolic muscle stack powder. Stir well to combine all the ingredients.
2. Cover the jar or container and refrigerate it overnight or for at least 4 hours to allow the oats to soften and absorb the flavours.
3. In the morning, stir the oats mixture and add a splash of milk if you prefer a thinner consistency.
4. Top the oats with sliced banana, chopped nuts, and a drizzle of Greek yogurt before serving.

This recipe is rich in protein, healthy fats, and complex carbohydrates from the oats, banana, peanut butter, and chia seeds, making it a satisfying and muscle-building meal option. Feel free to customize the recipe with your favourite toppings and adjust the sweetness to your preference.



TIP:

A productive rate of gain on the scale, each week, to add lean muscle is approximately 0.5-1% of your current body weight. If you are following this plan, and are falling below this rate of gain, consider adding ½ to 1 full serving of AMS shake between each meal.



LUNCH

RECIPE 1

Protein Packed Grilled Chicken & Black Bean Wrap

INGREDIENTS:

1 large whole wheat or spinach tortilla wrap, 1 grilled chicken breast, 2 tablespoons black beans, 1 tablespoon cottage cheese, 1/4 cup shredded lettuce, 1/4 cup diced tomatoes, 1/4 cup diced red onion.

INSTRUCTIONS:

1. Lay the tortilla wrap flat on a clean surface.
2. Spread the cottage cheese evenly over the wrap
3. Layer the black beans, lettuce, tomatoes, and red onion down the center of the wrap.
4. Top with the sliced grilled chicken
5. Fold the sides of the tortilla in and roll it up tightly from the bottom to create a wrap.

This wrap is high in protein from the grilled chicken and cottage cheese, and fiber and nutrients from the vegetables and beans, making it a well-rounded and satisfying meal option for muscle gain. It's a convenient and nutritious lunch choice to support your muscle-building goals.



TIP:

While nutrient timing is of, only, moderate priority it is important to adequately space your meals throughout the day to ensure optimal digestion and assimilation, as well as to optimise muscle protein synthesis. Spacing out meals every 2-4 hours will assist in maximising both variables.

RECIPE 2

Mass-Gaining Hake Fish Salad

INGREDIENTS:

2 hake fillets (or any white fish of your choice), 2 cups mixed salad greens (such as spinach & kale), 1/2 sliced avocado, 1/4 cup halved cherry tomatoes, 1/4 cup sliced cucumber, 1/4 cup grated carrots, 1/4 cup cooked chickpeas / or brown rice, -1/4 cup nuts or seeds (such as almonds, walnuts, or pumpkin seeds)
Dressing: 2 tablespoons olive oil, 1 tablespoon balsamic vinegar, 1 teaspoon honey, salt and pepper to taste.

INSTRUCTIONS:

1. Preheat the oven to 190°C
2. Season the hake fillets with your favourite herbs or spices.
3. Place the hake fillets on a baking sheet and bake for about 15-20 minutes, or until the fish is cooked through and flakes easily with a fork.
4. In a large bowl, combine the mixed salad greens, cooked chickpeas/ brown rice, avocado slices, cherry tomatoes, sliced cucumber, shredded carrots, chickpeas, and nuts or seeds.
5. In a small bowl, whisk together the olive oil, balsamic vinegar, honey, salt, and pepper to make the dressing.
6. Drizzle the dressing over the salad and toss gently to combine.
7. Top with baked, flaked hake fillet.

This salad is packed with a variety of nutrient-dense ingredients that can support mass gain, including lean protein from the hake fish and chickpeas, healthy fats from the avocado and nuts/seeds, and an array of vitamins and minerals from the vegetables. It's a satisfying and balanced meal option for those looking to increase their calorie intake for mass gain.

RECIPE 3

Quinoa & Black Bean Power Bowl

INGREDIENTS:

1 cup quinoa, 1 can black beans, drained and rinsed, 1 diced red pepper, 1 diced avocado, 1/2 cup halved cherry tomatoes, 1/4 cup finely chopped red onion, coriander, juice of 1 lime, 2 tablespoons olive oil, salt and pepper to taste, -optional: grilled chicken for extra protein

INSTRUCTIONS:

1. Cook the quinoa according to package instructions. Once cooked, fluff it with a fork and let it cool slightly.
2. In a large bowl, combine the cooked quinoa, black beans, diced red pepper, avocado, cherry tomatoes, red onion, and chopped coriander.
3. In a small bowl, whisk together the lime juice, olive oil, salt, and pepper to make the dressing.
4. Pour the dressing over the quinoa and black bean mixture and toss gently to combine.

This Quinoa and Black Bean Power Bowl is packed with protein, fiber, healthy fats, and vitamins, making it a well-rounded and satisfying meal option for muscle gain.



DINNER

RECIPE 1

Grilled Chicken with Sweet Potato and Broccoli

INGREDIENTS:

2 boneless, skinless chicken breasts, -2 medium sweet potatoes, 2 cups broccoli florets, olive oil, salt and pepper, -garlic powder, paprika

INSTRUCTIONS:

1. Preheat your grill pan over medium-high heat.
2. Season the chicken breasts with salt, pepper, garlic powder, and paprika. Drizzle a little olive oil over the chicken to help prevent sticking.
3. Wash and peel the sweet potatoes. Cut them into cubes or slices.
4. Toss the sweet potato pieces in a bowl with olive oil, salt, pepper, and any additional spices.
5. Grill the chicken breasts for about 6-7 minutes per side, or until they are cooked through and have nice grill marks.
6. While the chicken is cooking, grill the sweet potato pieces until they are tender and have grill marks, about 15-20 minutes.
7. Steam or boil the broccoli florets until they are tender but still slightly crisp about 3-4 minutes.
8. Once everything is cooked, serve the grilled chicken with the sweet potatoes and broccoli on the side.

This meal provides a good balance of protein from the chicken, complex carbohydrates from the sweet potatoes, and fibre and vitamins from the broccoli, making it a great option for supporting muscle gain.



RECIPE 2

Chicken Taco Bowl

INGREDIENTS:

2 x skinless diced chicken breasts, 1 tablespoon olive oil, seasoning of your choice, 1 cup cooked brown rice or quinoa, 1 can black beans, drained and rinsed, -1 cup corn kernels, -1 cup halved cherry tomatoes, 1/2 red onion, diced, 1 sliced avocado, chopped coriander, lime wedges, Salt and pepper to taste, Optional toppings: shredded cheese, Greek yogurt or sour cream, salsa, hot sauce

INSTRUCTIONS:

1. In a large pan, heat olive oil over medium heat. Add diced chicken and sprinkle with seasoning mix. Cook until the chicken is cooked through and nicely browned.
2. In a separate pot, heat black beans and corn over medium heat until warmed.
3. Assemble your taco bowl: start with a base of cooked brown rice or quinoa, then top with the seasoned chicken, black beans, corn, cherry tomatoes, red onion, avocado slices, and coriander.
4. Season with salt and pepper to taste. Squeeze fresh lime juice over the bowl.
5. Add any optional toppings you desire, such as shredded cheese, Greek yogurt or sour cream, salsa, or hot sauce.
6. Mix everything together in the bowl before enjoying your delicious and protein-packed chicken taco bowl.

This chicken taco bowl is a balanced meal that provides lean protein from the chicken, complex carbohydrates from the brown rice or quinoa, fibre and nutrients from the beans and vegetables, and healthy fats from the avocado. It's a satisfying and muscle-building option for your diet.



RECIPE 3

Easy to make Mince & Spinach Pasta

INGREDIENTS:

500 grams of lean mincemeat, pasta (penne or spaghetti works well), 2 cups of fresh spinach, 1 can of diced tomatoes, 1 small onion, chopped, 2 cloves of garlic, minced, Italian seasoning, Grated Parmesan or white cheddar cheese.

INSTRUCTIONS:

1. Cook the pasta according to package instructions. Drain and set aside.
2. In a large pan, brown the minced beef over medium heat. Add the chopped onion and garlic and cook until the onion is translucent.
3. Add the diced tomatoes (with juices) to the pan and season with salt, pepper, and Italian seasoning. Let it simmer for a few minutes.
4. Add the fresh spinach to the pan and stir until it wilts.
5. Add the cooked pasta to the pan and toss everything together until well combined.
6. Serve the beef and spinach pasta hot, topped with grated cheese.

This dish is rich in protein from the beef and carbohydrates from the pasta, making it a great option for muscle gain. Enjoy!



AFTER DINNER SNACK OPTIONS

- ▶ Hard Boiled Eggs
- ▶ Greek Yogurt with Nuts
- ▶ SSA Protein Nougat Bars
- ▶ SSA High Protein Cookies
- ▶ Wholegrain Crackers with Cheese
- ▶ Peanut Butter & Celery Sticks /Apple Slices

TRAINING ROUTINE

Push/Pull/Legs Training Split

Push1, Pull1, Legs1, Off day
Push2, Pull2, Legs 2, Off day

Push I	Sets	Reps
Dumbell Chest Press	4	10
Side Lateral Raise (FULL RANGE)	3	12,10,8
Plate front raises	3	12,10,8
Dumbell Skull crusher	4	12,12,12,12
One arm Tricep Extension with rope	4	12,12,12,12 each arm
Body Weight Dips	4	12

Pull I	Sets	Reps
Land mine Rows	4	10
One Arm Dumbell Row	3	12,10,8 each arm
Seated Bent over rear delt flies	3	12,12,12
Dumbell Shrug	4	12,12,12,12
Barbell Curl (STRAIGHT)	4	12,12,12,12
Alternating Dumbell Hammer Curl	4	12 each arm

Legs 1	Sets	Reps
Sumo Deadlifts	4	20
Sumo Squats	4	20
Dumbell walking Lunge	4	20 each leg
Bulgerian split squat	4	10 each leg
Lying Leg Curl	4	8 to 12
Seated calf press	4	10-15
Calf raises on leg press machine	4	10

TIP:



Recovery is a crucial aspect when gauging the effect of a training block on hypertrophy. While we want adequate volume (sets and reps) per body part, per week as well as optimal frequency (days per week), we also want to ensure that we are not exceeding our body's capacity to recover.

Push II	Sets	Reps
Dumbell Shoulder Press	4	10
Smith machine chest press	3	12,10,8
Incline dumbell open flies	3	12,10,8
Straight Bar Tricep Push down	4	12,12,12,12
Overhead tricep extension	4	12,12,12,12
Seated alternating Dumbell front raises	4	10/12/ each arm

Pull II	Sets	Reps
Seated Straight bar Cable Row	4	10
Reverse Grip pull ups	3	12,10,8
Face Pulls with rope	3	12,12,12
Dumbell pull overs	4	12,12,12,12
Incline bench Spider curls with Z bar	4	12,12,12,12
21's with dumbbells	4	12

Legs II	Sets	Reps
Smith Machine Calf Raise	4	8 to 12
Deficit Reverse lunges	3	12 each leg
Single leg Stiff Legged Deadlift with dumbbell	4	12 each leg
Weighted step ups	3	12 each leg
Lying Leg Curl	4	8 to 12
Calf Press on Leg press	4	20
Leg Extension	4	10

TIP:



To facilitate this, start this training block with a baseline of Push 1, Pull 1, and Legs 1. If your recovery is in a good place, then you can add in an extra 1-2 training days, selected based on which areas you feel need to be addressed as "weak" body parts, thus increasing weekly volume.

CHECK OUT THE WORKOUT PLAN

