

Male Muscle Gain

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<i>Protein Oats</i>	<i>Granola Bowl</i>	<i>2 Poached Eggs, 100g Smoked Salmon, 50g Avocado & 1 slice wholegrain toast</i>	<i>Protein Shake with 1tsp chia seeds, ½ frozen banana & 2T peanut butter.</i>	<i>2 Poached Eggs, 100g Smoked Salmon, 50g Avocado & 1 slice wholegrain toast</i>	<i>Protein Oats</i>	<i>2 Poached Eggs, 100g Smoked Salmon, 50g Avocado & 1 slice wholegrain toast</i>
Mid-Morning Snack	<i>Protein Shake with 1tsp chia seeds, ½ frozen banana & 2T peanut butter.</i>	<i>3 Boiled Eggs 40g Raw Mixed Nuts</i>	<i>Protein Shake with 1tsp chia seeds, ½ frozen banana & 2T peanut butter</i>	<i>2 Boiled Eggs 40g Raw Mixed Nuts</i>	<i>100g Turkey Breast 40g Raw Mixed Nuts</i>	<i>Protein Shake with 1tsp chia seeds, ½ frozen banana & 2T peanut butter.</i>	<i>Protein Shake with 1tsp chia seeds, ½ frozen banana & 2T peanut butter.</i>
Lunch	<i>Large: Clean Chicken</i>	<i>Large: Lean and Cream</i>	<i>Large: Mr Pete's Chicken</i>	<i>Large: BBQ Chicken & Broc</i>	<i>Large: Green Barra Curry</i>	<i>Large: Clean Chicken</i>	<i>Large: Lean and Cream</i>
Afternoon Snack	<i>Light: Clean Chicken</i>	<i>Light: Lean Chicken</i>	<i>Light: BBQ Steak & Bake</i>	<i>Light: BBQ Steak & Bake</i>	<i>Light: Lean Chicken</i>	<i>Light: Clean Chicken</i>	<i>Light: BBQ Steak & Bake</i>
Dinner	<i>Large: BBQ Chicken & Broc</i>	<i>Large: Green Barra Curry</i>	<i>Large: Clean Chicken</i>	<i>Large: Lean and Cream</i>	<i>Large: Mr Pete's Chicken</i>	<i>Large: BBQ Chicken & Broc</i>	<i>Large: Green Barra Curry</i>
Snack	<i>2 x Protein Ball</i>	<i>150g plain yoghurt (Chobani 0.5%) with 100g mixed berries & 40g unsweetened granola</i>	<i>1 x Protein Ball</i>	<i>150g plain yoghurt (Chobani 0.5%) with 100g mixed berries & 40g unsweetened granola</i>	<i>2 x Protein Ball</i>	<i>150g plain yoghurt (Chobani 0.5%) with 100g mixed berries & 40g unsweetened granola</i>	<i>2 x Protein Ball</i>
Total Macros	Kilojoules: 10453 Calories: 2500 Protein: 212g Fat: 103g Carbohydrates: 168g	Kilojoules: 9977 Calories: 2375 Protein: 201g Fat: 128g Carbohydrates: 103g	Kilojoules: 10339 Calories: 2473 Protein: 221g Fat: 115g Carbohydrates: 119g	Kilojoules: 9539 Calories: 2271 Protein: 212g Fat: 107g Carbohydrates: 119g	Kilojoules: 10230 Calories: 2435 Protein: 213g Fat: 125g Carbohydrates: 105g	Kilojoules: 9789 Calories: 2341 Protein: 199g Fat: 70g Carbohydrates: 183g	Kilojoules: 10316 Calories: 2456 Protein: 216g Fat: 131g Carbohydrates: 105g

You should choose a meal plan that best suits your level of physical activity and recommended calorie intake. Any weight changes should be gradual to ensure long term maintenance and success. Health issues and dietary requirements should also be taken into consideration.

Please Note:

Green box = Included in pack

White box = Recommendations, not included