

# LEAN MASS

## MUSCLE GAIN MEALPLAN

### 4 MEALS + 1 SNACK

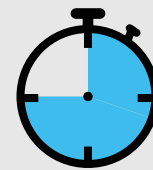
#### DESIGN YOUR MEAL:

MEAL 1	A + B + C
MEAL 2	A + B
MEAL 3	A + B
MEAL 4	A + B + C
SNACK	A + B

Post-Workout



Add 1 cup of fruit  
peeled and sliced  
to one meal per day



**45+**  
**MINUTES**

Per training  
session

**4 - 5**

Trainingsessions  
per week

#### **A** PICK TWO One Handful Each

- 01** Kale or lettuce
- 02** Cucumber or avocado
- 03** Tomato
- 04** Bell peppers
- 05** Broccoli
- 06** Cauliflower
- 07** Spinach
- 08** Zucchini or eggplant
- 09** Pumpkin
- 10** Mushrooms
- 11** Beetroot
- 12** Carrots
- 13** Leek or onion
- 14** Brussel sprouts
- 15** Green beans
- 16** Green peas / **HALF**

#### **B** PICK ONE 1 Cup / 150g

- 01** Eggs
- 02** Chicken or Turkey
- 03** Port or Beef
- 04** Salmon
- 05** Sardines
- 06** Prawn or squid
- 07** Tempeh
- 08** Seitan
- 09** Chickpeas
- 10** Beans
- 11** Soybeans
- 12** Split peas
- 13** Plain yogurt
- 14** Cottage cheese
- 15** Feta cheese / **HALF**
- 16** Cheese / **HALF**

#### **C** PICK ONE 1 Cup / 150g

- 01** Quinoa
- 02** Oats
- 03** Rice
- 04** Potatoes
- 05** Pasta or spaghetti
- 06** Corn
- 07** Buckwheat
- 08** Barley
- 09** Rye
- 10** Bulgur
- 11** Lentils
- 12** Couscous
- 13** Chestnuts
- 14** Bread / **1 SLICE**
- 15** Nuts / **HALF**
- 16** Seeds / **HALF**