

Lean Muscle Gain	LEVEL 1	Macronutrients			
		Protein	Carbs	Fat	Kcal
Meal					
Meal 1					
	92g liquid egg whites	10	0	0	40
	2 whole eggs	12	0	10	138
	1 TBSP Natural PB	4	3	8	100
	80g (Dry Measure) Oats	10	54	5	301
					0
	Meal Totals	36	57	23	579
Meal 2					
	1 Quest Protein Bar	20	21	8	236
	21g Almonds	5	4	11	135
	2 chocolate rice cakes	2	24	2	122
					0
					0
	Meal Totals	27	49	21	493
Preworkout					
	1 scoop protein	25	3	2	130
	1 banana	1	20	0	84
	2 cups cereal (any kind)	5	50	5	265
					0
					0
	Meal Totals	31	73	7	479
Postworkout					
	3oz Lean Meat (Choose From Swap List)	21	0	3	111
	1 cups Brown Rice	5	45	3	227
	1 cup veggeis	8	5	0	52
	140g blueberries	8	18	0	104
					0
	Meal Totals	42	68	6	494
Meal 5					
	.5 cup plain nonfat greek yogurt	9	3	0	48
					0
	1 pop tart (any flavor)	1	35	5	189
	1 TBSP Natural PB	4	3	8	100
					0
	Meal Totals	14	41	13	337
	TOTALS	150	288	70	2382
		600	1152	630	2382

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This plan has been reviewed by a Registered Dietitian, however it is ALWAYS recommended that you consult your Physician or Health Care Practitioner before starting a workout or nutrition plan to check that you are healthy enough to do so!

