

Lean Muscle Gain	LEVEL 2	Macronutrients				Kcal
		Protein	Carbs	Fat		
Meal						
Meal 1						
	184g liquid egg whites	20	0	0	80	
	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	46	57	23	619	
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	
	1 fiber 1 brownie square	1	17	3	99	
					0	
	Meal Totals	32	90	10	578	
Postworkout						
	3oz Lean Meat (Choose From Swap List)	21	0	3	111	
	1.5 cups Brown Rice	8	68	3	331	
	1 cup veggeis	3	5	0	32	
	140g blueberries	2	18	0	80	
					0	
	Meal Totals	34	91	6	554	
Meal 5						
	.5 cup plain nonfat greek yogurt	9	3	0	48	
	1/2 scoop protein	12	1	1	61	
	1 pop tart (any flavor)	1	35	5	189	
	1 TBSP Natural PB	4	3	8	100	
					0	
	Meal Totals	26	42	14	398	
	TOTALS	165	329	74	2642	
		660	1316	666	2642	

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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!

