

Lean Muscle Gain	LEVEL 3	Macronutrients			
		Protein	Carbs	Fat	Kcal
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	6	310
	1 banana	1	20	0	84
	Meal Totals	47	77	24	712
Meal 2					
	1 Quest Protein Bar	20	21	8	236
	28g Almonds	7	6	15	187
	2 chocolate rice cakes	2	24	2	122
					0
					0
	Meal Totals	29	51	25	545
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					
	4oz Lean Meat (Choose From Swap List)	28	0	4	148
	1.5 cups Brown Rice	8	68	3	331
	2 cup veggeis	6	10	0	64
	140g blueberries	2	18	0	80
					0
	Meal Totals	44	96	7	623
Meal 5					
	1 cup plain nonfat greek yogurt	18	6	0	96
	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	35	45	14	446
	TOTALS	187	359	80	2904
		748	1436	720	2904

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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!

