

Lean Muscle Gain	Level 4	Macronutrients			
		Protein	Carbs	Fat	Kcal
Meal					
Meal 1					
	230g liquid egg whites	25	0	0	100
	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	52	77	24	732
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					
	5oz Lean Meat (Choose From Swap List)	35	0	4	176
	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	51	96	7	651
Meal 5					
	1 cup plain nonfat greek yogurt	18	6	0	96
	1/2 scoop protein	12	1	1	61
	2 pop tarts (any flavor)	2	70	10	378
	2 TBSP Natural PB	8	6	16	200
					0
	Meal Totals	40	83	27	735
	TOTALS	204	397	93	3241
		816	1588	837	3241

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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!

