

## MY GOAL IS TO INCREASE MY LEAN MASS BY 5 LBS IN 7 WEEKS

BODY COMPOSITION CHANGES				
	PREVIOUS	CURRENT	CHANGE	GOAL
BODY WEIGHT	160.0	165.0	+5.0	170.0
BODY FAT %	17.0%	15.0%	-2.00%	14.6%
LEAN MASS	132.8	140.3	+7.4	145.3
FAT MASS	27.2	24.8	-2.5	24.8
BMI	22.4	23.1	+0.7	23.8
BODY COMPOSITION CHANGE			+9.9	+5.0
WAIST CIRCUMFERENCE				

SAMPLE DAY ENERGY BREAKDOWN			
MAINTANANCE CALORIES →	+3283	YOUR TOTAL CALORIES SHOULD CONSIST OF	
CALORIE SURPLUS →	+250	PROTEIN - 19.5%	CARBS - 48.3%
TARGET CALORIES →	<b>3533</b>	IN GRAMS, THIS IS	
HYDRATION		PROTEIN - 168 G	CARBS - 416 G
		YOU CAN THINK OF THIS AS	
		ABOUT 5 SERVINGS OF PROTEIN PER DAY	ABOUT 14 SERVINGS OF CARBS PER DAY
		ABOUT 10 SERVINGS OF FATS PER DAY	

SAMPLE WEEK							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING HOURS	2	2	2	2	2	2	0
PROTEIN - GRAMS - %	168   20%	168   22%	168   20%	168   22%	168   20%	168   24%	168   27%
CARBS - GRAMS - %	416   48%	367   47%	416   48%	367   47%	416   48%	319   46%	270   44%
FAT - GRAMS - %	121   32%	107   31%	121   32%	107   31%	121   32%	93   30%	78   29%
TARGET CALORIES	3533	3200	3533	3200	3533	2867	2534



SAMPLE SERVINGS MEAL PLAN								COMPETITION/TRAINING	
	RECOMMENDED TOTAL SERVINGS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	PRE	POST
VEGETABLES (PREVENT)	9	3	0	2	1	3	0	0	2
PROTEIN (BUILD)	5	1	0	1	1	2	0	1	2
GRAINS (FUEL)	7	1	0	1	1	2	2	2	1
FRUIT (FUEL)	6	1	0	1	1	2	1	2	1
FAT (PROTECT)	10	2	0	2	1	3	2	0	2
SUPPLEMENTS	3		1		1		1	2	1



VEGETABLES (PREVENT)	PROTEIN (BUILD)	GRAINS (FUEL)	FRUITS (FUEL)	FATS (PROTECT)
▶ ½ CUP COOKED ▶ 1 CUP RAW	▶ 1 CUPPED HAND SIZE ▶ 3 OZ COOKED MEAT ▶ 2 WHOLE EGGS ▶ 8 OZ MILK ▶ 1 PALM SIZE	▶ ½ CUP PASTA ▶ 1 SLICE BREAD ▶ ½ CUP COLD CEREAL ▶ 1 CUPPED HAND SIZE	▶ 1 MEDIUM FRUIT ▶ 1 CUPPED HAND SIZE ▶ 1 CUP BERRIES	▶ 1 TBSP BUTTER ▶ 1 THUMB SIZE ▶ 10-15 NUTS

FOODS FOR PRE-COMPETITION/TRAINING

FOODS FOR POST-COMPETITION/TRAINING

	GREEN VEGETABLES				RED & PURPLE VEGETABLES			ORANGE & YELLOW		WHITE		
	ARUGULA ASPARAGUS	BROCCOLI KALE	GREEN BEANS SPINACH	ZUCCHINI COLLARDS	BEETS CABBAGE	RED BELL PEPPER	RED CHILI RHUBARB	CARROTS PUMPKIN	YELLOW BEETS YELLOW SQUASH	CABBAGE CAULIFLOWER	ONIONS TURNIPS	
	MEAT PROTEIN			DAIRY PROTEIN			PLANT PROTEIN					
	COD TUNA	GROUND BEEF STEAK	CHICKEN BREAST	BEEF JERKY EGGS	YOGURT LOW-FAT MILK	PROTEIN MILKSHAKE	COTTAGE CHEESE	GOAT MILK	EDAMAME LENTILS	PEA PROTEIN TOFU	LIMA BEANS	SPLIT PEAS NUT BUTTER
	GRAINS				STARCH VEGETABLES			BEANS AND LEGUMES				
	RICE NOODLES	QUINOA OATMEAL	BARLEY CEREAL	GRANOLA BREAD	YAMS CORN	PUMPKIN SQUASH	SQUASH	MASHED POTATOES	WHITE BEANS	CHICK PEAS	BLACK BEANS	KIDNEY BEANS
	RED FRUITS		ORANGE/YELLOW FRUITS			BLUE/PURPLE FRUITS		WHITE/GREEN FRUITS		MIXED COLOR		
	CHERRIES WATERMELON	STRAWBERRY APPLES	TART CHERRY JUICE	APRICOTS MANGO	PINEAPPLE ORANGE	PEACHES PAPAYA	BLUEBERRIES	BLACKBERRY GRAPES	PURPLE FIGS	BANANA GREEN APPLE	KIWI HONEYDEW	FRUIT SALAD SMOOTHIE
	FAT OPTIONS				SUPPLEMENTS							
	NUT BUTTER ALMONDS	HUMMUS AVOCADO	SOUR CREAM HAZELNUTS	PEANUTS	THESE ARE YOUR SPECIFIC SUPPLEMENT PORTIONS							
					PROTEIN POWDER	CREATINE	CAFFIENE	BETA ALANINE	NITRATES	VITAMIN D	FISH OIL	
					1-2 SCOOPS EACH DAY	1 SCOOP EACH DAY	3 - 5 100 MG CAPSULES EACH	4-8 TABLETS EACH DAY	1-2 TEASPOONS EACH DAY	1-2 CAPSULES EACH DAY	1-2 1,000 MG CAPSULES EACH	