

Nutrition Plan for Muscle Growth

Day 1:

Total Nutritional Values:

3,489 kcal,
344g Carbohydrates,
139g Fats,
204g Protein

Meal 1:

3 Boiled Eggs or Omelette (without oil), 100g Feta Cheese or Cottage Cheese
100g Wholemeal Bread, 100g Smoked Ham

Meal 2:

250g Boiled Rice
200g Grilled Beef

Meal 3:

100g Dried Figs
1 Banana

Meal 4:

200g Grilled Salmon
300g Grilled Vegetables

Meal 5:

300g Greek Yogurt (10% fat)
60g Raw Almonds
100g Oatmeal

Nutrition Plan for Muscle Growth

Day 2:

Total Nutritional Values:

3,512 kcal,
307g
Carbohydrates,
142g Fats,
227g Protein

Meal 1:

3 Boiled Eggs or Omelette (without oil)
100g Feta Cheese or Cottage Cheese
100g Wholemeal Bread
100g Smoked Ham

Meal 2:

250g Boiled Rice
200g Grilled Beef

Meal 3:

100g Dried Figs
1 Banana

Meal 4:

200g Grilled Salmon
300g Grilled
Vegetables

Meal 5:

300g Greek Yogurt (10% fat)
60g Raw Almonds
100g Oatmeal

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Day 3:

Total Nutritional Values:

3,551 kcal,
357g Carbohydrates,
138g Fat,
206g Protein

Meal 1:

100g Muesli
500ml Whole Milk (3.5% fat)
100g Wholemeal Bread
100g Smoked Chicken Breast

Meal 2:

300g Polenta
200g Cottage Cheese
3 Eggs (boiled or fried without oil)

Meal 3:

200g Oven Baked Chicken
Legs
250g Baked Potatoes

Meal 4:

1 Banana
1 Peach
50g Dried Figs

Meal 5:

300ml Greek Yogurt (10% fat)
100g Oatmeal
60g Raw Almonds

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Day 4:

Total Nutritional Values:

3,528 kcal,
348g Carbohydrates,
117g Fats,
205g Protein

Meal 1:

Rice Pudding: 150ml Water,
100g Raw Rice,
400ml Milk,
10g Honey

Meal 2:

200g Grilled Salmon
250g Natural Potatoes

Meal 3:

1 Banana
50g Dried Figs

Meal 4:

Spaghetti Bolognese:
200g Minced beef,
250g Boiled Spaghetti, Tomato
Sauce
Sandwich:

Meal 5:

150g Chicken Breast,
100g Wholemeal Bread,
200g Cottage Cheese (2% fat)

Meal 5:

60g Raw Almonds, 300ml Greek Yogurt (10% fat)
50g Oatmeal

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Day 5:

Total Nutritional Values:

3,531 kcal,
352g Carbohydrates,
144g Fats,
210g Protein

Meal 1:

400ml Whole Milk (3.5% fat)
100g Muesli
3 Boiled Eggs
100g Wholemeal Bread

Meal 2:

250g Boiled Rice
200g Grilled Chicken Breast

Meal 3:

200g Grilled Salmon
250g Natural
Potatoes

Meal 4:

1 Banana
1 Apple

Meal 5:

300g Greek Yogurt (10% fat)
60g Raw Almonds
100g Oatmeal

Nutrition Plan for Muscle Growth

Day 6:

Total Nutritional Values:

3,569 kcal,
365g Carbohydrates,
117g Fats,
258g Protein

Meal 1:

1 Banana (15 min before meal)
3 Boiled Eggs or Omelette (without oil)
200g Cottage Cheese (2%)
100g Wholemeal Bread Oat Pudding: 250ml Milk, 50g Oats, 5-10g Honey

Meal 2:

200g Grilled Chicken Breast
250g Natural Potatoes

Meal 3:

100g Dried Fruit
300ml Drinking Yogurt (0.9% fat)

Meal 4:

200g Grilled Chicken Breast
250g Wholemeal Pasta

Meal 5:

60g Mixed Nuts (walnuts, almonds, cashews)
300ml Greek Yogurt (10% fat)
100g Oatmeal

Nutrition Plan for Muscle Growth

Day 7:

Total Nutritional Values:

3,512 kcal,
307g Carbohydrates,
142g Fats,
227g Protein

Meal 1:

3 Boiled Eggs or Omelette (without oil)
100g Feta Cheese or Cottage Cheese
100g Wholemeal Bread
100g Smoked Ham

Meal 2:

250g Boiled Rice
200g Grilled Beef

Meal 3:

100g Dried Figs
1 Banana

Meal 4:

200g Grilled Salmon
300g Grilled
Vegetables

Meal 5:

300g Greek Yogurt (10% fat)
60g Raw Almonds
100g Oatmeal