

# Muscle Building

## - Meal Plan -



5000 Daily Calories

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(As long as none of the content is altered, extracted or re-sold and all of the links remain intact)

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If you know of any friends, family, co-workers or anyone else who would benefit from the advice given here, feel free to pass this meal plan along to them.

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## Disclaimer

Before beginning any new exercise, nutrition or dietary supplement program you should consult a physician first. The information presented herein is not meant to treat or prevent any disease or to provide the reader with medical advice. If you are looking for specific medical advice then you should obtain this information from a licensed health-care practitioner.

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|---|--|---|---------------|
| <b>Day: 1</b>   | <b>Schedule:</b><br>6:00 am Breakfast<br>9:00 am Snack<br><i>Workout: Weight Resistance at 9:30 am</i>                     | 11:30 am Snack<br>1:00 pm Mid Meal<br>4:00 pm Dinner  | 7:00 pm Snack |
| <b>6:00 am Breakfast</b> Meal Portions: P:17 C:10 F:13<br>2 cups Egg substitute<br>42 grams Protein powder<br>3 cups Skim Milk<br>2 1/3 cups Oatmeal<br>4 tsp Olive, Flax or Salmon Oils<br>1 tbsp Almonds, slivered  | Item Portions<br>8.00 P<br>6.00 P<br>3.00 PC<br>7.00 C<br>12.00 F<br>1.00 F<br>Calories:<br>1187                           | <b>Preparation Suggestions:</b><br>Combine over heat and enjoy this stick-to-your-ribs breakfast.   |               |
| <b>9:00 am Snack</b> Meal Portions: P:7 C:4 F:4<br>42 grams Protein powder<br>1 cup Skim Milk<br>1 cup Oatmeal<br>1 1/3 tsp Olive, Flax or Salmon Oils  | Item Portions<br>6.00 P<br>1.00 PC<br>3.00 C<br>4.00 F<br>Calories:<br>448   | <b>Preparation Suggestions:</b><br>PRE - Protein Shake + Energy Sustaining Growth Carbs<br><br>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!   |               |
| <b>11:30 am Snack</b> Meal Portions: P:7 C:10 F:0<br>49 grams Protein powder<br>3 1/3 cups Fruit juice  | Item Portions<br>7.00 P<br>10.00 C<br>Calories:<br>556   | <b>Preparation Suggestions:</b><br>POST - Protein Shake<br>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!   |               |
| <b>1:00 pm Mid Meal</b> Meal Portions: P:17 C:10 F: 13<br>15 oz Tuna, steak<br>3 cups Rice<br>2 Peppers (bell or cubanelle)<br>4 1/3 tsp Olive, Flax or Salmon Oils<br>2 oz Cheddar cheese, light/low fat   | Item Portions<br>15.00 P<br>9.00 C<br>1.00 C<br>13.00 F<br>2.00 P<br>Calories:<br>1187                                     | <b>Preparation Suggestions:</b><br>Tuna Steak with Rice and Vegetables<br>Season the rice and vegetables any way you like. Enjoy the fish with a little lemon juice, salt and pepper, if you like.  |               |
| <b>4:00 pm Dinner</b> Meal Portions: P:17 C:10 F:13<br>12 oz Chicken breast, skinless<br>1/4 cup Cucumber<br>1 Pepper (bell or cubanelle)<br>1/8 head Lettuce, iceberg<br>1 cup Cherry tomatoes<br>1/3 cup Applesauce<br>2 2/3 cups Rice<br>13 tbsp Almonds, slivered<br>5 oz Cheddar cheese, light/low fat | Item Portions<br>12.00 P<br>.06 C<br>.50 C<br>.06 C<br>.50 C<br>1.00 C<br>8.00 C<br>13.00 F<br>5.00 P<br>Calories:<br>1187 | <b>Preparation Suggestions:</b><br>Chicken with Salad and Applesauce<br>Baking the chicken is an easy way to cook it. You can make a tasty salad dressing from balsamic vinegar, olive oil, garlic and any spices you choose and a side of rice. Finish your meal with a dessert of applesauce! |               |
| <b>7:00 pm Snack</b> Meal Portions: P:6 C:4 F:4<br>35 grams Protein powder<br>1/2 cup Yogurt, plain, low fat<br>1 cup Oatmeal<br>1 1/3 tsp Olive, Flax or Salmon Oils   | Item Portions<br>5.00 P<br>1.00 PC<br>3.00 C<br>4.00 F<br>Calories:<br>420   | <b>Preparation Suggestions:</b><br>Late Night Protein Shake with Oatmeal<br>Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!  |               |
| <b>Total Daily Portions:</b> Protein: 71 Carbohydrates: 48 Fat: 47 Calories: 4985<br><i>** Remember to drink between 10 and 12 glasses of water per day. **</i>   |  |   |               |
| <b>Notes:</b>   |  |   |               |

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| <b>Day: 2</b>   | <b>Schedule:</b><br>8:00 am Breakfast<br>10:30 am Snack   | 1:00 pm Mid Meal<br>3:30 pm Snack<br>6:00 pm Dinner  | 9:00 pm Snack |
| <i>Workout: Rest</i>  |   |  |               |
| <b>8:00 am Breakfast</b> Meal Portions: P:17 C:10 F:13<br>3/4 cup Cottage cheese, light/low fat<br>77 grams Protein powder<br>3 cups Skim Milk<br>2 1/2 cups Cereal, cold<br>1 cup Pineapple<br>4 1/3 tsp Olive, Flax or Salmon Oils                    | Item Portions<br>3.00 P<br>11.00 P<br>3.00 PC<br>5.00 C<br>2.00 C<br>13.00 F<br>Calories:<br>1187                 | <b>Preparation Suggestions:</b><br>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a bowl of protein cottage cheese on the side.   |               |
| <b>10:30 am Snack</b> Meal Portions: P:7 C:4 F:4<br>1 cup Cottage cheese, light/low fat<br>1 1/2 cups Yogurt, plain, low fat<br>1 cup Raspberries<br>12 Cashews   | Item Portions<br>4.00 P<br>3.00 PC<br>1.00 C<br>4.00 F<br>Calories:<br>448  | <b>Preparation Suggestions:</b><br>Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!   |               |
| <b>1:00 pm Mid Meal</b> Meal Portions: P:17 C:10 F:13<br>15 oz Tuna, canned in water<br>1/2 cup Chickpeas<br>1 cup Salsa<br>2 cups Rice<br>3 tsp Olive, Flax or Salmon Oils<br>2 oz Cheddar cheese, light/low fat<br>4 tbsp Almonds, slivered           | Item Portions<br>15.00 P<br>2.00 C<br>2.00 C<br>6.00 C<br>9.00 F<br>2.00 P<br>4.00 F<br>Calories:<br>1187         | <b>Preparation Suggestions:</b><br>Tuna & Chickpea Salad<br>Mix tuna with chickpeas and rice, oil, a little salt, pepper, dash of vinegar or pure lemon juice, and a couple of tablespoons of chopped onion and celery.  |               |
| <b>3:30 pm Snack</b> Meal Portions: P:7 C:10 F:0<br>35 grams Protein powder<br>2 cups Skim Milk<br>2 Kiwis<br>3 tbsp Barley   | Item Portions<br>5.00 P<br>2.00 PC<br>2.00 C<br>6.00 C<br>Calories:<br>556  | <b>Preparation Suggestions:</b><br>Protein Shake with Fruit<br>Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! |               |
| <b>6:00 pm Dinner</b> Meal Portions: P:17 C:10 F:13<br>18 oz Haddock<br>5 oz Hard cheeses, light/low fat<br>1/4 cup Chickpeas<br>1/8 cup Cucumber<br>1/4 cup Lettuce, romaine<br>3 cups Rice<br>2 tsp Almond butter<br>3 tsp Olive, Flax or Salmon Oils | Item Portions<br>12.00 P<br>5.00 P<br>1.00 C<br>.03 C<br>.03 C<br>9.00 C<br>4.00 F<br>9.00 F<br>Calories:<br>1187 | <b>Preparation Suggestions:</b><br>Fish & Salad<br>Brush fish with 1/3 tsp oil and season as desired. Broil fish, prepare salad with oil & vinegar dressing using the remaining oil and desired amount of vinegar. Try using some spices, like cayenne pepper and oregano to spice things up!  |               |
| <b>9:00 pm Snack</b> Meal Portions: P:6 C:4 F:4<br>35 grams Protein powder<br>1/2 cup Yogurt, plain, low fat<br>1 cup Oatmeal<br>1 1/3 tsp Olive, Flax or Salmon Oils   | Item Portions<br>5.00 P<br>1.00 PC<br>3.00 C<br>4.00 F<br>Calories:<br>420  | <b>Preparation Suggestions:</b><br>Late Night Protein Shake with Oatmeal<br>Put all ingredients in a blender over ice and blend, adding milk and ice to create desired consistency. Enjoy and grow in your sleep!  |               |
| <b>Total Daily Portions:</b> Protein: 71 Carbohydrates: 48 Fat: 47 Calories: 4985<br>** Remember to drink between 10 and 12 glasses of water per day. **  |   |  |               |
| <b>Notes:</b>   |   |  |               |

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| <b>Day: 3</b>  | <b>Schedule:</b><br>6:00 am Breakfast<br>9:00 am Snack<br><i>Workout: Weight Resistance at 9:30 am</i>    | 11:30 am Snack<br>1:00 pm Mid Meal<br>4:00 pm Dinner  | 7:00 pm Snack |
| <b>6:00 am Breakfast</b> Meal Portions: P:17 C:10 F:13<br>91 grams Protein powder<br>4 cups Skim Milk<br>3 cups Bran cereal, all varieties<br>13 tbsp Almonds, slivered  | Item Portions<br>13.00 P<br>4.00 PC<br>6.00 C<br>13.00 F<br>Calories:<br>1187                             | <b>Preparation Suggestions:</b><br>A healthy breakfast with plenty of fibre. You can add the nuts to your cereal for a bit of crunch!   |               |
| <b>9:00 am Snack</b> Meal Portions: P:7 C:4 F:4<br>35 grams Protein powder<br>2/3 cup Oatmeal<br>2 cups Skim Milk<br>4/5 oz Sunflower seeds  | Item Portions<br>5.00 P<br>2.00 C<br>2.00 PC<br>4.00 F<br>Calories:<br>448                                | <b>Preparation Suggestions:</b><br>PRE - Protein Shake + Energy Sustaining Growth Carbs<br><br>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!   |               |
| <b>11:30 am Snack</b> Meal Portions: P:7 C:10 F:0<br>49 grams Protein powder<br>3 1/3 cups Fruit juice   | Item Portions<br>7.00 P<br>10.00 C<br>Calories:<br>556  | <b>Preparation Suggestions:</b><br>POST - Protein Shake<br>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! |               |
| <b>1:00 pm Mid Meal</b> Meal Portions: P:17 C:10 F: 13<br>15 oz Chicken breast, skinless<br>2 2/3 cups Rice<br>3 tsp Olive, Flax or Salmon Oils<br>2 cups Skim Milk<br>12 Almonds, whole   | Item Portions<br>15.00 P<br>8.00 C<br>9.00 F<br>2.00 PC<br>4.00 F<br>Calories:<br>1187                    | <b>Preparation Suggestions:</b><br>Chicken with Rice<br>Season the dish any way you like. Enjoy!  |               |
| <b>4:00 pm Dinner</b> Meal Portions: P:17 C:10 F:13<br>18 oz Ground beef (< 10% fat)<br>1/2 cup Onions<br>1/2 cup Tomato sauce<br>2 cups Pasta<br>3 tsp Olive, Flax or Salmon Oils<br>4 tbsp Avocado<br>5 oz Cheddar cheese, light/low fat | Item Portions<br>12.00 P<br>1.00 C<br>1.00 C<br>8.00 C<br>9.00 F<br>4.00 F<br>5.00 P<br>Calories:<br>1187 | <b>Preparation Suggestions:</b><br>Pasta & Sauce<br>In a sauce pan sauté onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.            |               |
| <b>7:00 pm Snack</b> Meal Portions: P:6 C:4 F:4<br>1 cup Cottage cheese, light/low fat<br>1 cup Yogurt, plain, low fat<br>2/3 cup Oatmeal<br>12 Almonds, whole   | Item Portions<br>4.00 P<br>2.00 PC<br>2.00 C<br>4.00 F<br>Calories:<br>420                                | <b>Preparation Suggestions:</b><br>Late Night Builders Snack<br>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.   |               |
| <b>Total Daily Portions:</b> Protein: 71 Carbohydrates: 48 Fat: 47 Calories: 4985<br><i>** Remember to drink between 10 and 12 glasses of water per day. **</i>  |   |   |               |
| <b>Notes:</b>  |   |   |               |

## Access The Full 84-Day Muscle Building Meal Plans Below!

This meal plan is just a small sample taken from the complete 84-day plans that come with Sean Nalewanyj's best-selling bodybuilding success kit, "The Muscle Gain Truth No-Fail System" available at [www.MuscleGainTruth.com](http://www.MuscleGainTruth.com).

The complete system includes the best-selling e-book, "The Truth About Building Muscle", along with detailed workout plans, video lessons, audio courses, recipe & smoothie books, progress tracking tools, private forum access and much more.

It also includes the 84-day meal plans which come fully loaded with a variety of eating schedules for workout and non-workout days, including full grocery lists and food substitution charts.

The No-Fail System has been an online best-seller since 2005 with tens of thousands of users in over 70 countries worldwide. No hype, no fluff, no filler... Just the honest facts from a genuine expert who truly cares about your success and makes a living transforming people's bodies and lives.

**Just check out some of these incredible success stories...**

## "Your Book Is The Concrete Slab & Foundation Of My Training..."



"I am just another satisfied customer... I know it's hard to believe, but I have just completed my second 8 week cycle and have put on another lean 19 lbs. Everyone I know is amazed... People always comment on my massive growth rate and insist there is no way I could have achieved it naturally. For the record, I have never touched or used any anabolic steroids... Everyone just calls me "Big Rick" now."

Rikki Dibeneddeto - Sydney, Australia

## "You're AF\*\*\*\*\* Genius!"



"Hey Sean... I downloaded your program a few months ago. I have to tell you, excuse my language, but you're a f\*\*\*\*\* genius."

"I've never seen anybody who understands and explains muscle growth so well and so clearly. My gains have increased dramatically since using your principles. Thanks for all of your continued support."

Oscar Lizano - Georgia, USA

## "A Much More Muscular And Defined Body..."



"I've been training for about 10 years and after reading through your material I realized that much of what I was doing before was a flat out waste of time. After following your advice, I trimmed my waist down from 34 to 31 inches and ended up with a much more muscular and defined body as a result. I wish I had this information when I first started out... I would have saved tons of money and effort!"

Adrian Pace - Sliema, Malta

If you're ready to get started and finally achieve the powerful, muscular, head-turning body you've always dreamed of, just click the link below to get started...

The program is backed by a full "Try It Now, Decide Later" FREE 21-day trial offer ... So you have absolutely **nothing** to lose. (And all the muscle to gain!)



[Click Here To Try This Entire System FREE!](http://www.MuscleGainTruth.com)

Here's to your brand new body,

*S. Nalewanyj*

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