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HOW TO CREATE A MEAL PLAN

Using this sample, you can create a professional meal plan. Here's how:

- 1 . Insert your food** in place of these suggested foods, using and/or re-arranging the preset samples and items.
- 2 . Substitute** the actual times for whatever is more realistic for you. This guideline roughly shows 7 meals. Subtract one or 2 to fit a less demanding schedule.
- 3 . Eat and eat a lot** there is no tomorrow. In order to gain weight, you will need the calories. But getting those calories along with a good amount of fiber is what this plan is all about. Packing on quality muscle is the goal of this program.

WHAT ELSE SHOULD I KNOW?

Please consult with your physician before beginning any exercise and nutrition program. These statements have not been evaluated by the FDA. Products on this site and representative sites are not intended to diagnose, treat, cure or prevent any disease.

FREEDOMFLY.NET

SAMPLE WEIGHT
GAINING MEAL PLAN

Version 1.0

The fitness network

SAMPLE WEIGHT GAINING MEAL PLAN

Until I started following a routine to eat, my gains were minimal. Once I set my eating times to a specific time during the day along with a protein boost, I could see the gains immediately. This sample program is a quick way to get your protein WAY up and generally increase your food intake. But it doesn't require the traditional sit down 6+ a day to eat 30 chicken breasts and spend all day cooking. I've got a full-time job at a corporate office. Cooking isn't an option. Nor is eating 6+ times a day involving meals with Tupperware and the likes. I need food and I need it fast. Try this program on for size and notice the size you just might see.

Meal 1 - 7:00am

- 1 packet of a meal replacement with 16 ounces of skim milk
- 1 serving of whole grain cereal (preferably oats)
- 1 cup of non/low-fat yogurt

- 1 piece of fruit

Meal 2 - 9:00am

- 1 serving of whey protein mixed in 10 ounces of water
- 1 large apple

Meal 3 -12:00pm

- 2 grilled chicken breasts
- 1 serving of brown rice
- 1 cup of low-fat yogurt
- 1 serving of whey protein

Meal 4 - 3:00pm

- 1 packet of a meal replacement with 16 ounces of water and 5-10 grams of L-Glutamine
- 1 large banana

Pre-Workout

- 1 workout bar of your choice (preferably some carbs and 20+ grams of protein)

Meal 5 - 6:00pm (Post-workout)

- 1 serving of whey protein combined with a 5gram serving of Creatine mixed in kool-aid. (This is an important meal and is designed for an insulin spike at just the right time to increase

creatine and amino acid uptake by the muscle cells).

Meal 6 -7:00pm

- 8 to 10 ounces of a lean round or flank steak
- 1 serving of rice
- 1 medium baked potato
- 1 large green salad

Meal 7 - 10:00pm

- 1 packet of a meal replacement with 16 ounces of skim milk
- 1 large banana
- 3 to 5 grams of L-Glutamine

And that's about it. Simple? You will be significantly increasing the protein uptake. Which means you should be increasing that water consumption as well. I'm not a fan of waking up at 1:00am to get more protein and therefore, I did not include anything beyond 10:00pm. I've noticed some significant gains from this program. My workouts were hardcore but my nutrition was lacking. By putting my eating times to a set schedule, I felt better during the day and was even more ready to tackle that workout later in the day.

Good luck,

Marc

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Do you have suggestions? Your own recommendations for a good basic nutritional foundation? If so, contact us at mrcd@freedomfly.net. We'd very much like to know if we can improve this guide.