





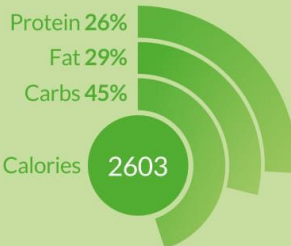


MUSCLE BUILDING MEAL PLAN

			Protein	Carbs	Fat
701 Calories	Breakfast 140g Frozen mixed berries 145ml Whole milk 150g Rolled oats		22.8g	112g	18g
103 Calories	Morning snack 1x large banana		1.4g	24g	0.12g
618 Calories	Lunch 150g Chicken breast 160g Mixed vegetables 200g Egg noodles		52g	75g	12.3g
470 Calories	Afternoon snack 60g Mixed nuts 1x Medium apple		11.1g	24.8g	36.3g
114 Calories	Post workout shake 30g Whey protein isolate shake 5g Creatine powder		27g	0.42g	0.45g
597 Calories	Evening meal 150g Extra lean beef mince 1x Medium egg 1x Wholegrain burger bun 50g Lettuce		56g	58g	15.9g

NUTRITIONAL BREAKDOWN

*Based on raw ingredients weight



170g
Protein

294g
Carbs

83g
Fat