

BEGINNER NUTRITION

MASS GAIN



*EAT PORTION SIZE BASED ON APPETITE **UNCOOKED WEIGHT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<ul style="list-style-type: none"> 100g rolled oats with milk 4 - 6 egg omelette 2 pieces wholemeal toast Coffee or tea 	<ul style="list-style-type: none"> 4 poached eggs 4 pieces wholemeal toast 2 tubs yoghurt Fruit juice Coffee or tea 	<ul style="list-style-type: none"> 100g serve of natural muesli with milk mixed with 2 scoops MAX'S SuperSize 2 - 4 pieces wholemeal toast with peanut butter 1 tub yoghurt Coffee or tea 	<ul style="list-style-type: none"> 100g rolled oats with milk 4 - 6 egg omelette 2 pieces wholemeal toast Coffee or tea 	<ul style="list-style-type: none"> 4 poached eggs 4 pieces wholemeal toast 2 tubs yoghurt Fruit juice Coffee or tea 	<ul style="list-style-type: none"> 100g serve of natural muesli with milk mixed with 2 scoops MAX'S SuperSize 2 - 4 pieces wholemeal toast with peanut butter 1 tub yoghurt Coffee or tea 	<ul style="list-style-type: none"> 100g rolled oats with milk 4 - 6 egg omelette 2 pieces wholemeal toast Coffee or tea
MID MORNING	<ul style="list-style-type: none"> MAX'S SuperSize shake 1 Apple 	<ul style="list-style-type: none"> MAX'S SuperSize shake 1 Apple 	<ul style="list-style-type: none"> MAX'S SuperSize shake 1 Apple 	<ul style="list-style-type: none"> MAX'S SuperSize shake 1 Apple 	<ul style="list-style-type: none"> MAX'S SuperSize shake 1 Apple 	<ul style="list-style-type: none"> MAX'S SuperSize shake 1 Apple 	<ul style="list-style-type: none"> MAX'S SuperSize shake 1 Apple
LUNCH	<ul style="list-style-type: none"> Medium tin tuna (185g) Garden salad 1 Cup steamed brown rice 50g Almonds 	<ul style="list-style-type: none"> 300g Grilled chicken breast* 2 Cups steamed broccoli 100g Sweet potato** 1 Piece of fruit 	<ul style="list-style-type: none"> 300g Grilled lean steak* 2 Cups steamed string beans 100g Sweet potato 50g Almonds 	<ul style="list-style-type: none"> 300g Grilled chicken breast* 2 Cups Steamed broccoli 100g Sweet potato** MAX'S MuscleMeal Bar 	<ul style="list-style-type: none"> Medium tin tuna (185g) Garden salad 1 Cup steamed brown rice 50g Almonds 	<ul style="list-style-type: none"> 300g Grilled chicken breast* 2 Cups steamed broccoli 100g Sweet potato** MAX'S MuscleMeal Bar 	<ul style="list-style-type: none"> 300g Grilled lean steak* 2 Cups steamed string beans 100g Sweet potato 50g Almonds
1 HOUR BEFORE TRAINING	WEIGHT TRAINING DAY <ul style="list-style-type: none"> Teaspoon MAX'S Creatine X8 	CARDIO	WEIGHT TRAINING DAY <ul style="list-style-type: none"> Teaspoon MAX'S Creatine X8 	CARDIO	WEIGHT TRAINING DAY <ul style="list-style-type: none"> Teaspoon MAX'S Creatine X8 	CARDIO	NO TRAINING
AFTER WORKOUT (MID AFTERNOON)	<ul style="list-style-type: none"> MAX'S SuperSize shake (Mix in below) 1 Serve Creatine X8 	<ul style="list-style-type: none"> MAX'S SuperSize shake (Mix in below) 1 Serve Creatine X8 	<ul style="list-style-type: none"> MAX'S SuperSize shake (Mix in below) 1 Serve Creatine X8 	<ul style="list-style-type: none"> MAX'S SuperSize shake (Mix in below) 1 Serve Creatine X8 	<ul style="list-style-type: none"> MAX'S SuperSize shake (Mix in below) 1 Serve Creatine X8 	<ul style="list-style-type: none"> MAX'S SuperSize shake (Mix in below) 1 Serve Creatine X8 	<ul style="list-style-type: none"> MAX'S SuperSize shake (Mix in below) 1 Serve Creatine X8
DINNER	<ul style="list-style-type: none"> 200 - 300g Lean steak* Large salad or 2 cups steamed vegetables 150 - 200g Sweet potato** MAX'S Muscle Meal cookie 	<ul style="list-style-type: none"> Spaghetti with bolognese med - large bowl (meat sauce) Garden salad Fruit salad with 100g natural yogurt 	<ul style="list-style-type: none"> 200 - 300g grilled fish* Large salad 150 - 200g Sweet potato** Strawberries and blueberries with 100g natural yogurt 	<ul style="list-style-type: none"> 200 - 300g Beef or chicken and vegetable stir fry* 3 Cups Rice noodles or brown rice MAX'S Muscle Meal cookie 	<ul style="list-style-type: none"> 200 - 300g Grilled chicken breast* Large salad or 2 cups steamed vegetables 150 - 200g Sweet potato** Fruit salad with 100g natural yogurt 	<ul style="list-style-type: none"> 200 - 300g Beef or chicken & vegetable stir fry* 3 Cups Rice noodles or brown rice MAX'S Muscle Meal cookie 	<ul style="list-style-type: none"> 200 - 300g Grilled chicken breast* Large salad or 2 cups steamed vegetables 150 - 200g Sweet potato** Fruit salad with 100g natural yogurt
EVENING	<ul style="list-style-type: none"> MAX'S NiteTime shake 2 pieces wholemeal toast with peanut butter 1 Serve Glutamine+ 	<ul style="list-style-type: none"> MAX'S NiteTime shake 50g mixed nuts 1 Serve Glutamine+ 	<ul style="list-style-type: none"> MAX'S NiteTime shake 1 Piece of fruit 1 Serve Glutamine+ 	<ul style="list-style-type: none"> MAX'S NiteTime shake 50g mixed nuts 1 Serve Glutamine+ 	<ul style="list-style-type: none"> MAX'S NiteTime shake 2 pieces wholemeal toast with peanut butter 1 Serve Glutamine+ 	<ul style="list-style-type: none"> MAX'S NiteTime shake 1 Piece of fruit 1 Serve Glutamine+ 	<ul style="list-style-type: none"> MAX'S NiteTime shake 2 pieces wholemeal toast with peanut butter 1 Serve Glutamine+