

Mass-Gain

GAINING MUSCLE isn't the same as simply gaining weight. It requires a hefty caloric intake, so aim to get no fewer than 20 calories per pound of bodyweight per day (about 3,600 calories for a 180-pound man). But it means eating a lot of protein to ensure that it's muscle you're gaining: a minimum of 1.5 grams per pound or at least 270 grams for the 180-pound man. Carbs are required to provide energy for intense workouts and also to keep muscle glycogen levels fully stocked, which will help keep muscles hydrated and full, and lead to greater size gains. Carb intake should be about 2 grams per pound per day (360 grams for the 180-pound man). Fat is important, too, both to maintain testosterone levels and to promote recovery after workouts. Eat at least 0.5 gram of healthy fats per pound of bodyweight (90 grams for a 180-pound man).

Note that to fully boost muscle growth we added a second breakfast composed of a fast-digesting protein and carbohydrates to this meal plan.

Meal Plan

DAY 1 WORKOUT DAY

BREAKFAST 1

2 scoops whey protein
1 large apple

BREAKFAST 2

3 large whole eggs
3 large egg whites
2 cups oatmeal

MIDMORNING SNACK

6 whole-wheat crackers
2 Tbsp. peanut butter
1 banana
1 scoop casein protein

LUNCH

4 slices whole-wheat bread
1 Tbsp. light mayonnaise
6 oz. deli roast beef
1 slice low-fat (1%) Swiss cheese
½ cup lettuce
½ tomato
2 cups green salad
1 Tbsp. oil/vinegar dressing

PREWORKOUT

1 scoop whey protein
½ cup Grape-Nuts cereal

POSTWORKOUT

1 scoop whey protein
1 scoop casein protein
1 large slice angel food cake (¼ of cake)

DINNER

6 oz. turkey breast
1 large sweet potato
1 cup broccoli

BEDTIME SNACK

8 oz. low-fat (1%) cottage cheese
2 Tbsp. roasted flaxseeds
2 cups oatmeal

DAILY TOTALS: 3,777 calories, 367 g protein, 396 g carbs, 82 g fat

DAY 2 WORKOUT DAY

BREAKFAST 1

2 scoops whey protein
1 packet Cream of Wheat
1 cup applesauce

BREAKFAST 2

3 large whole eggs
3 large egg whites
3 slices Jennie-O extra-lean turkey bacon
2 whole-wheat English muffins

MIDMORNING SNACK

1 cup Raisin Bran cereal
8 oz. low-fat (1%) milk
1 scoop casein protein

LUNCH

2 Mission Whole-Wheat Carb Balance tortillas
1 Tbsp. light mayonnaise
8 oz. deli turkey
½ cup lettuce
1 avocado

PREWORKOUT

1 scoop whey protein
1 cup oatmeal

POSTWORKOUT

1 scoop whey protein
1 scoop casein protein
1 medium plain bagel
2 Tbsp. jelly

DINNER

9 oz. salmon
1 cup brown rice
1 cup cauliflower
2 cups green salad
1 Tbsp. oil/vinegar dressing

BEDTIME SNACK

1 scoop casein protein
1 oz. walnuts

DAILY TOTALS: 4,060 calories, 351 g protein, 391 g carbs, 121 g fat

DAY 3 REST DAY

BREAKFAST 1

2 scoops whey protein
2 slices white bread
2 Tbsp. jelly

BREAKFAST 2

3 large whole eggs
3 large egg whites
2 cups oatmeal

MIDMORNING SNACK

6 whole-wheat crackers
1 Tbsp. peanut butter
8 oz. low-fat (1%) cottage cheese

LUNCH

1 can white tuna in water
1 Tbsp. light mayonnaise
2 slices whole-wheat bread
8 oz. reduced-fat (2%) Greek yogurt
2 cups green salad
1 Tbsp. oil/vinegar dressing

MIDAFTERNOON SNACK

1 scoop casein protein
1 oz. mixed nuts

DINNER

8 oz. top sirloin
1 large sweet potato
2 cups butternut squash
1 cup bok choy

BEDTIME SNACK

1 scoop casein protein
1 oz. mixed nuts

DAILY TOTALS: 3,234 calories, 303 g protein, 285 g carbs, 100 g fat

DAY 4 WORKOUT DAY

BREAKFAST 1

2 scoops whey protein
12 oz. orange juice

BREAKFAST 2

3 large whole eggs
3 large egg whites
3 slices Jennie-O extra-lean turkey bacon
2 cups oatmeal

MIDMORNING SNACK

12 whole-wheat crackers
2 sticks light mozzarella string cheese
1 oz. walnuts

LUNCH

6 oz. chicken breast
1 medium sweet potato
1 cup tomato soup

PREWORKOUT

1 scoop whey protein
1 cup mixed fruit (in light syrup)

POSTWORKOUT

1 scoop whey protein
1 scoop casein protein
60 jelly beans (Jelly Belly)

DINNER

8 oz. ground beef (90% lean)
1 cup brown rice
1 cup black beans
1 cup broccoli
2 cups green salad
1 Tbsp. oil/vinegar dressing

BEDTIME SNACK

8 oz. low-fat (1%) cottage cheese
2 Tbsp. roasted flaxseeds

DAILY TOTALS: 3,650 calories, 320 g protein, 367 g carbs, 102 g fat

DAY 5 WORKOUT DAY

BREAKFAST 1

2 scoops whey protein
1 cup pineapple

BREAKFAST 2

3 large whole eggs
3 large egg whites
3 slices Jennie-O extra-lean turkey bacon
2 whole-wheat English muffins

MIDMORNING SNACK

½ cup Grape-Nuts cereal
8 oz. low-fat (1%) milk

LUNCH

6 oz. canned chicken breast (such as Swanson)
1 Tbsp. light mayonnaise
1 large whole-wheat pita bread
½ avocado
1 medium tomato
1 cup soybeans (edamame)

PREWORKOUT

1 scoop whey protein
1 large orange

POSTWORKOUT

2 scoops whey protein
32 oz. Gatorade

DINNER

8 oz. chicken breast
2 cups spaghetti
½ cup spaghetti/marinara sauce
2 cups green salad
2 Tbsp. oil/vinegar dressing

BEDTIME SNACK

1 scoop casein protein
1 oz. mixed nuts

DAILY TOTALS: 3,809 calories, 331 g protein, 416 g carbs, 97 g fat

DAY 6 WORKOUT DAY

BREAKFAST 1

2 scoops whey protein
1 medium plain bagel
1 Tbsp. low-fat cream cheese

BREAKFAST 2

3 large whole eggs
3 large egg whites
2 cups oatmeal

MIDMORNING SNACK

2 slices whole-wheat bread
2 Tbsp. peanut butter
2 Tbsp. jelly
1 stick light mozzarella string cheese

LUNCH

1 can white tuna in water
1 Tbsp. light mayonnaise
2 slices whole-wheat bread
2 cups green salad
1 Tbsp. oil/vinegar dressing

PREWORKOUT

1 scoop whey protein
½ cup raisins

POSTWORKOUT

2 scoops whey protein
2 cups Rice Krispies

DINNER

9 oz. trout
1 cup zucchini
1 cup quinoa
2 cups green salad
1 Tbsp. oil/vinegar dressing

BEDTIME SNACK

8 oz. low-fat (1%) cottage cheese
2 Tbsp. roasted flaxseeds

DAILY TOTALS: 3,763 calories, 328 g protein, 378 g carbs, 104 g fat

DAY 7 REST DAY

BREAKFAST 1

2 scoops whey protein
2 cups watermelon

BREAKFAST 2

3 large whole eggs
3 large egg whites
3 slices Jennie-O extra-lean turkey bacon
2 whole-wheat English muffins

MIDMORNING SNACK

2 scoops casein protein
½ cup granola (such as Bear Naked)

LUNCH

2 ground-beef burger patties (90% lean, 4 oz. each)
1 slice low-fat (1%) American cheese
1 whole-wheat hamburger bun
½ cup lettuce
½ tomato

MIDAFTERNOON SNACK

6 medium celery stalks
1 cup hummus

DINNER

9 oz. tilapia
1 large sweet potato
1 Tbsp. fat-free sour cream
1 cup Brussels sprouts
2 cups green salad
2 Tbsp. oil/vinegar dressing

BEDTIME SNACK

1 scoop casein protein
1 oz. walnuts

DAILY TOTALS: 3,338 calories, 311 g protein, 253 g carbs, 125 g fat

NOTE: Mix all protein powders according to directions on the label.