



## MUSCLE GAIN 3000 KCAL

A one-day example of a 3000 calorie eating plan for lean muscle gain. This diet supports any one of the workouts found under the EXERCISE PROGRAMS. Contact The Green Ward directly for additional advice on muscle gain.

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|--------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>BREAKFAST</b><br>(675 kcal) | <i>(Drink water with lemon and ginger on rising)</i><br>3 boiled eggs, 5 Tbsp of wholegrain rolled oats with ½ pint whole organic milk, 1 Tbsp of raw honey |
| <b>SNACK</b><br>(260 kcal)     | 1 banana and half pint of organic whole milk                                                                                                                |
| <b>LUNCH</b><br>(630 kcal)     | 2 baked salmon fillets, kale, green beans and (200g) brown rice                                                                                             |
| <b>SNACK</b><br>(330 kcal)     | 30 almonds or 10 walnuts and 1 apple                                                                                                                        |
| <b>DINNER</b><br>(675 kcal)    | (250g) fillet steak, 2 medium sweet potatoes, 1 Tbsp butter with broccoli and asparagus                                                                     |
| <b>SNACK</b><br>(430 kcal)     | (300g) tub of low fat cottage cheese and 2 Tbsp of natural peanut butter                                                                                    |

### TIPS

- Drink 2-4 litres of spring water spread throughout the day
- Can drink as much green tea as you like
- Can eat as much green veg as you like
- Avoid artificial sweeteners and processed foods
- Can have one coffee per day (ground percolated)

