TRUE MUSCLE 9-WEEK TRAINER
WEIGHT-GAIN MEAL PLAN

MEAL #1 / BREAKFAST
- Palm-size portion of protein
- 2-3 fistfuls of high-fiber carbohydrate
- 1-2 servings healthy fats

SAMPLE MEAL:
- Omelet: 3 whole eggs, 4 egg whites, red bell pepper, red onion, and cilantro
- 1 cup oatmeal with cinnamon, pumpkin spice, and sweetener of choice
- 1 fistful fresh fruit, added to oatmeal
- 16 oz. water

MEAL #2 / LUNCH
- Palm-size portion of protein
- 2-3 fistfuls of high-fiber carbohydrate
- 1-2 servings healthy fats

SAMPLE MEAL:
- Sandwich: 6-8 slices lunch meat, lettuce, sliced tomato, 1 slice cheese, and whole-wheat bread or bagel
- 1 fistful fresh, raw vegetables (examples: carrots, sugar snap peas, bell pepper)
- 1 piece or fist-sized portion fresh fruit, (examples: apple, banana, orange, pear, plum, peach)
- 24-36 pieces nuts (examples: almonds, walnuts, pistachios)
- 16 oz. water

MEAL #3 / APPROX. 1 HR. BEFORE TRAINING
- Palm-sized portion of protein
- 1 fistful of low-fiber carbohydrates

SAMPLE MEAL:
- 1 scoop True Grit protein
- 1 fistful pretzels or saltine crackers

MEAL #4 / POST-TRAINING, DINNER
- Palm-size portion of protein
- 2-3 fistfuls of high-fiber carbohydrate
- 1-2 servings healthy fats

SAMPLE MEAL:
- 4-6 oz. mahimahi, grilled
- Loaded sweet potatoes: 1-2 baked sweet potatoes, 1/4 cup black beans, 1/2 avocado, low-fat shredded cheese
- 1/2 plateful cooked vegetables
- 16 oz. water

MEAL #5 / NIGHTTIME SNACK
- Palm-size portion of protein
- 2-3 fistfuls of high-fiber carbohydrate
- 1-2 servings healthy fats

SAMPLE MEAL:
- 1 cup Greek yogurt
- 1 fistful low-fat granola
- 1 fistful fresh berries
- 2 spoonfuls ground flaxseed
- 16 oz. water