

NLPT Meal Plan: Gain Muscle
4000-4200 calories

Pre-Workout 7am	Breakfast Post-Lift: Shake (300)	Lunch 12:00-1:00pm	Snack	Dinner 6:30-8:00pm	Snack/Shake 9:30pm
200 calories	650-700 calories	800-900 calories	350 calories	800-900 calories	800-1000 calories
Pre - choose 1 option: Energy bar 1/2 Bagel w/PB 2 Toast w/PB 1-2 Bananas	Dining Bowl: 2 big scoops fruit, 1 scoop yogurt, 1 scoop granola 4 eggs scrambled or omelet 2 scoops potatoes 1-2 sausage	General Restaurant 10 oz meat- 2 palm size (chicken, fish, beef, pork, turkey, ham) 1-2 cups vegetables 2 cups carbohydrate Sweet potato w/skin, brown rice, quinoa, beans OR fruit Can add salad w/veggies 2 Tbs. nuts & dressing on side	1 PB & Banana sandwich on whole wheat	Restaurant or Home Guidelines 10 oz meat - 2 palm size (chicken, fish, beef, pork, turkey, ham) 1-2 cups vegetables 2 cups carbohydrate Sweet potato w/skin, brown rice, quinoa, beans OR fruit Salad w/veggies 1/2 avocado & dressing on side	Shake Whey protein (20-30g) 1 banana 2 tbsp PB 8-10oz milk (2%)
	Dining Bowl 2 big scoops fruit, 1 scoop yogurt, 1 scoop granola 1 scoop eggs 1 bowl oatmeal w/2 tbsp PB mixed in	On the Go 2 large bananas 1 Pro Meal Bar	1 pack peanut butter crackers 2% string cheese 1 fruit	Chinese Stir Fry 8 oz grilled chicken breast/beef 2 cups vegetables sautéed in spray butter or olive oil - 6 min 3 cup brown rice *Mix together* Drink low-fat milk	2 - PB&J sandwiches (or PB&Banana) Drizzle honey 1 glass milk
	2 packets Quaker Oatmeal Mix in 1 banana & 1 tbsp PB Fairlife protein shake	Subway or sandwich place 12" double meat & cheese sandwich w/veggies on wheat OR honey oat OR flatbread Sun Chips Apples	1/2 cup trail mix (any variety) OR 1 bag nuts from fueling station	Healthy Quesadillas 3 large whole wheat tortillas 1/2 cup 2% grated cheese 10 oz chopped chicken 1/2 avocado All sorts of veggies, can be lightly sautéed in olive oil *Put items on tortilla, fold & broil in oven 2-3 minutes Salad w/veggies	Shake recipe + PB sandwich
	2 cups high calorie (see list) whole grain cereal w/ 2% milk & 1 Tbs. nuts OR almonds sprinkled in 3-4 scrambled eggs OR omelet 16 oz 100% juice	Jason's Deli or American restaurant Grilled chicken/turkey/ ham sandwich OR wrap w/cheese & sauce on side Fruit, yogurt, granola parfait 8 oz low-fat milk OR Grilled chicken sandwich OR wrap w/cheese & sauce on side Side of fruit or salad Get nuts & side stuff from salad bar	1 pre-packaged pack nuts 1 fruit OR 1 cup grapes	American Style Restaurant Grilled chicken meal Side of veggies or corn 2 sides of carbohydrate (pasta, rice, potato) Bread/roll Drink low-fat milk	Shake recipe 1PB&J
	1 banana 1 Energy Bar Fairlife protein shake	Chipotle/Burrito Style Restaurant Burrito bowl with.. Veggies 2 servings chicken OR steak 1 serving cheese 1 serving corn 1 serving black beans 1 serving brown or white rice Guacamole Salsa	1 PB&J sandwich	Pita Pizza Flat Out Wrap Tomato sauce to liking 1/2 cup 2% grated cheese Cover w/ Canadian Bacon, chicken, OR ham (8 oz) 1/3 avocado OR drizzle 1 Tbs. olive oil on pizza ***Broil in oven @ 4-5 min 1 1/2 cups multi-grain pasta Salad w/2 Tbs nuts & 2 Tbs. dried fruit	1 cup Greek yogurt 1 banana, 1 cup strawberries, 2 Tbs. honey
	1 whole wheat bagel w/ 2 Tbs. peanut butter & drizzle honey 2 bananas	Deli Style Restaurant 2 turkey OR chicken & cheese sandwich on wheat bread w/ veggies & avocado (each needs	Fairlife protein shake	American Style Restaurant Cheeseburger w/mustard & veggies 2 sides mashed potatoes, rice	Shake recipe 1 cup high calorie cereal w/milk