



CREATED BY GYMNASIUM

Before starting a MASS XL program, your first step is to calculate your daily calories requirement. Everybody's height/weight/age is different so they need different calories. Follow the 3 steps below to find out your caloric intake to gain muscle.

STEP 1: CALCULATE THE BMR

Use Online BMR calculator or BMR Mobile App.

Enter Height/Weight/Age including Moderate Active (5 days a week)

Lets assume your BMR came 1700.

STEP 2: CACULATE THE MAINTENANCE CALORIES

[FORMULA: BMR x 1.5]

$1700 \times 1.5 = 2550$ calories

So maintenance calories is 2550

STEP 3: ADD EXTRA CALORIES FOR GAINING

If you want to gain **0.5lbs** per week then add 250 calories

$2550 + 250 = 2800$

If you want to gain **1lbs** per week then add 500 calories

$2550 + 500 = 3050$

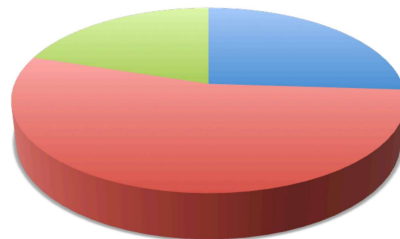
If you want to gain **2lbs** per week then add 1000 calories

$2550 + 500 = 3550$

NUTRITION PLAN

MACRO BREAKDOWN	PROTEIN 26%	CARBS 54%	FAT 20%
2800 Calories	185g	378g	63g

MACRO



■ PROTEIN
■ CARBS
■ FAT

This nutrition plan is based on 2800 calories. If your Daily calorie requirements are less or more then you can add or remove few macronutrients.

MEAL 1 – BREAKFAST
RECIPE: QUINOA SIZE BOWL
TIME: 8-9AM

INGREDIENTS	QUANTITY	PRO	CARBS	FAT	VEG ALTERNATE
1. QUINOA	1/2 cup	7	40	2	2 spoon Raisins 1/2 Banana 1sp Peanut Butter
2. APPLE	1/2	0	15	0	
3. WALNUTS	14g	2	2	7	
4. WHEY	1 scoop	24	1	1	
5. CINNAMON	1g	0	0	0	
TOTAL		33g	60g	10g	

MEAL 2 – SNACK
RECIPE: XTRA LARGE SMOOTHIE
TIME: 11-12PM

INGREDIENTS	QUANTITY	PRO	CARBS	FAT	VEG ALTERNATE
1. WHEY	2/3 scoop	18	1	0	1cup Berries Soy Milk
2. BANANA	1 1/2	0	35	0	
3. MILK	2/3 cup	8	8	3	
4. PEANUT BUTTER	1 spoon	4	4	7	
5. HONEY	1 spoon	0	16	0	
6. CHIA SEED	1 spoon	3	4	2	Flaxseed grounded
7. GREEN SUPPLEMENT	1 scoop	0	2	0	
TOTAL		33g	70g	12g	

MEAL 3 – LUNCH
RECIPE: EGG BIRYANI
TIME: 2-3PM

INGREDIENTS	QUANTITY	PRO	CARBS	FAT	VEG ALTERNATE
1. WHOLE EGG	1	6	1	5	Paneer Biryani
2. EGG WHITES	3	12	0	0	
3. RICE	1 cup	3	46	2	
4. PEANUTS	14g	2	2	7	
5. KETCHUP	1 spoon	0	5	0	
6. ORANGE	1	0	10	0	
TOTAL		23g	64g	14g	

Please Note: If you have any Medical Condition, then consult with your doctor prior following the Mass XL Program

MEAL 4 – SNACK
RECIPE: MUSCLE OATS
TIME: 4-5PM

INGREDIENTS	QUANTITY	PRO	CARBS	FAT	VEG ALTERNATE
1. OATS	2/3 cup	4	42	4	-----
2. WHEY	2/3 scoop	18	1	1	
3. APPLE	1/2	0	15	0	
4. ALMONDS	14g	2	2	7	
5. CINNAMON	1g	0	0	0	
TOTAL		24g	60g	12g	

MEAL 5 – DINNER
RECIPE: TUNA FISH SANDWICH
TIME: 8-9PM

INGREDIENTS	QUANTITY	PRO	CARBS	FAT	VEG ALTERNATE
1. TUNA CAN	60g	20	0	0	Tofu Sandwich Paneer Sandwich
2. BREAD	4 Slice	8	64	4	
3. VEGGIES	Handful	0	0	0	
4. KETCHUP	1 spoon	0	5	0	
(Use Chicken instead of Fish few days a week)					
TOTAL		28g	69g	4g	

MEAL 6 – BEFORE BED
RECIPE: PANNER & PEANUT BUTTER
TIME: 10-11PM

INGREDIENTS	QUANTITY	PRO	CARBS	FAT	VEG ALTERNATE
1. PANEER	100g	10	0	10	Casein Protein in Milk
2. PEANUT BUTTER	1 spoon	2	2	7	
(Have Casein Protein in Milk if you want to add supplement)					
TOTAL		12g	4g	17g	

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POST WORKOUT 1

TIME: IMMEDIATE AFTER WORKOUT



INGREDIENTS	QUANTITY	PRO	CARBS	FAT	FOOD ALTERNATE
1. WHEY	1.5 scoop	30	2	0	6-8 Boiled Egg Whites
2. WATER	300ml	0	0	0	
TOTAL		30g	2g	0g	

POST WORKOUT 2

TIME: 30min AFTER WORKOUT



INGREDIENTS	QUANTITY	PRO	CARBS	FAT	SUPPLMENT ALTERNATE
1. BREAD	2 slice	4	32	2	1-2 scoop of Any Carbs supplement
2. JAM	1 spoon	0	16	0	
TOTAL		4g	48g	2g	

IMPORTANT TIPS:

1. If you workout in the morning then get up 90min before workout and have your Xtra Large Smoothie first then have pre-workout drink 15min before training. After workout follow Post workout 1 & Post workout 2. Then follow up from Meal 2 onwards.
2. Drink 4 liters of water a day because Creatine supplement is a part of the program.
3. Add Lentils or Beans once or twice a week
4. Eat Whole Wheat roti instead of rice few times a week.
5. If want to drink tea then sure anytime once a day is fine.
6. Potato, Corn, Cereals, Curd, Pasta, etc. can be added as well.

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